

A shared *hope*



9 days of prayer

with

the Canadian Martyrs

Saint Marie de l'Incarnation

Blessed Catherine of St-Augustine

Saint François de Laval

Novena : April 30 – May 8



For more information :

pelerinagequebec.ca/une-meme-esperance/

A few words from the parish

Brothers and sisters in the faith,

Each year we take time to remember the women and men who proclaimed the Gospel and supported the first steps of the Church in this land. All, without letting themselves be discouraged by the great challenges of the mission. They are an inspiration to us at a time when hope is more necessary than ever.

As we turn our thoughts to them, we are reminded of the words of the letter to the Hebrews: « We are surrounded by this great crowd of witnesses. Let us therefore rid ourselves of everything that hinders our progress [...] and resolutely run the race that is set before us. » (Heb 12: 1-2).

The Founders Novena is an opportunity to pray for the Archdiocese of Quebec and other dioceses, that the Church may bear witness in word and deed that Jesus is alive and that he invites us to spread his love and hope. With the founders, we are invited to pay special attention to the service of people who are sick, isolated, destitute or not highly regarded in society.

The reflections and prayers in this brochure are intended to support your individual or collective pilgrimage to the places where our founders and foundresses lived. This pilgrimage includes the individual or collective celebration of the sacrament of reconciliation and the Eucharist, either at the place of pilgrimage or in another church.

Thank you to the priests who have made themselves available for the celebration of the sacraments. Thanks also to the team who prepared these reflections to inspire our prayer.

May the novena be a source of grace for you and your families.

Mgr Jean Picher
Rector of Notre-Dame Cathedral Basilica of Quebec

Day 1 with Saint Marie de l'Incarnation

For Marie de l'Incarnation, hope sustains courage and perseverance.

You can see from the yearly reports the great sources of consolation that sweeten our little labours by the blessing that God gives them, and by the hopes that grow greater every day to see the Kingdom of God established and increased in souls redeemed by the blood of Jesus Christ. This is what increases our courage and helps us make new resolutions every day not to spare either our labours or our lives for the glory of him who offered his sweat and blood for us.

LETTER LXIV From Quebec, to the Superior of an Ursuline Convent in France,
16 September 1642.



Word of God (first letter to Timothy 4: 8-10)

Attachment to God [...] is useful for everything, because it secures our present life and promises us the life to come. This is a sure word, worthy of acceptance by all. Indeed, if we toil and struggle, it is because we have put our hope in the living God, who is the saviour of all human beings, especially those who believe.

In my daily life

I become aware of the achievements, the progress, the selfless acts of kindness and generosity that thousands of people make every day. I see how they give it their all. This gives me the courage to continue to serve despite the obstacles that stand in my way.

Day 2 with the Canadian Martyrs

The holy Canadian Martyrs are eight missionaries, including six Jesuit priests, who came to New France in the 17th century. The best known is Jean de Brébeuf. He can be seen as a man of hope. Drawing upon his deep faith, in the midst of a cultural context that was totally foreign to him, he embodied a bold and persevering vision of sharing the Faith. In letters to his superiors in France, Brébeuf expressed confidence in the spiritual success of the mission, despite many obstacles.

The seeds we are sowing here, though sometimes watered with our tears, will one day bear abundant fruit, God willing.

We must never lose heart, for the crosses we bear with patience bring us closer to our Lord and open the way to his kingdom.

From Jean de Brébeuf, *Écrits en Huronie*



Word of God (letter to the Romans 5: 2-5)

We take pride in the hope of sharing in God's glory. What is more, we take pride in distress itself, since distress, as we know, produces perseverance; perseverance produces tried and tested virtue; tried and tested virtue produces hope; and hope does not disappoint, since God's love has been poured into our hearts by the Holy Spirit who has been given to us.

In my daily life

I don't let myself be discouraged by difficulties or bad news. I bear witness to hope by supporting people who find it challenging to be happy.

Day 3 with Blessed Catherine of Saint-Augustine

For the young Catherine of Saint-Augustine to be a pilgrim of hope is to journey with others and to be personally welcoming of God's merciful tenderness. In this, she did not hesitate to share her lived experience with her 'earthly' spiritual director, Father Ragueneau, Jesuit, and with whom she called her 'heavenly' spiritual director, Father Jean de Brébeuf, also a Jesuit. This was a grace-filled path that helped her not to sink into sadness and mortal anguish.

But Father [de Brébeuf] explained to me that from now on I must be careful not to say that I did not want to go to Heaven; that this was not reasonable even though I am unworthy of it. He wants me not only to hope & trust in the goodness & mercy of God; but he wants this hope to be firm and to already envisage Heaven as my assured dwelling place.

Paul Ragueneau, s.j. *La vie de la Mère Catherine de Saint-Augustin*. p. 78



Word of God (book of Psalms, Psalms 42: 6.12; 43: 3.5; 129: 5-6)

Why are you downcast, my soul, and why do you groan within me? Hope in God, for I will praise him again. He is my salvation and my God.

Why are you downcast, my soul, and why do you groan within me? Send your light and your truth to guide my steps and lead me back to your holy mountain, to your dwelling places.

I hope for the Lord with all my soul; I hope for him and wait for his word. My soul waits for the Lord more than a watchman waits for the dawn.

In my daily life

I continue my pilgrimage Dayney by integrating lectio divina into my day-to-day life or by joining a group for sharing the Word of God.

Day 4 with Saint François de Laval

For Saint François de Laval, to be a pilgrim of hope is to place hope in opposition to all hope (Rm 4: 18). Our own hope must essentially also be hope for others.

[...] Rising every day and whatever the weather at three in the morning despite the harsh climate, doing the work of a porter in the church every day, opening the doors, lighting the lamps, performing all the duties of a nurse at the Seminary, making beds, lifting, placing and calming the sick, bursting the boils of those with smallpox, spending several hours each day before the Holy Sacrament, attending divine service with unfailing precision—this is how the first bishop chased away the fatigue caused by his zeal.

(ANP p. 646) Eulogy of La Colombière, June 6, 1708.



Word of God (letter to the Romans 12: 12-16)

[...] Stand firm in times of trial, be assiduous in prayer. Share with the faithful who are in need, practice hospitality with eagerness. Bless those who persecute you; wish them good, not evil. Rejoice with those who rejoice, weep with those who weep. Do not have a taste for greatness, but let yourself be attracted by humility. Don't trust your own judgement.

In my daily life

I will choose to get more involved in supporting people or charities so that I too can be a bearer of hope.

Day 5 with the Canadian Martyrs

One of the eight 'Canadian Martyrs', Charles Garnier, arrived in Quebec City in June of 1636. He lived among the First Nations as a pilgrim of the Faith and to whom he wanted to pass on his values and his hope in the life of the Resurrection. He was martyred in Huronia, near Georgian Bay.

He is especially remembered in Quebec City, where the Collège des jésuites is under his patronage and a holy relic is preserved in the Jesuit chapel on rue Dauphine.

Charles reached so far into the minds [of the Huron-Wendat] and with such powerful eloquence, that he won them all over. His heart spoke louder than his words. His face, his eyes, even his smile preached nothing but holiness.

From Relations des jésuites en Nouvelle-France



Word of God (book of Psalms, Psalm 26)

*The Lord is my light and my salvation; whom shall I fear?
The Lord is the strength of my life; before whom shall I
tremble? [...] One thing I ask of the Lord, one thing I seek: to
dwell in the house of the Lord all the days of my life, to
admire the Lord in his beauty and to seek him in his temple.
[...] I am sure that I will see the goodness of the Lord on the
land of the living. Hope in the Lord, be strong and take
courage; hope in the Lord.*

In my daily life

I will show patience and trust towards refugees and immigrants who seek to integrate into our society, and I will join them in their hope for a better future here.

Day 6 with Saint Marie de l'Incarnation

For Marie de l'Incarnation, to be a pilgrim of hope meant entrusting oneself to God alone, who is the master of vocations. She was delighted to hear that her son had joined the Benedictines.

Yours [your letter] confirmed it for me, my dearest son, and made me see what I had hoped for you and far beyond my hopes, since His goodness has placed you in such a holy order [the Benedictines of the Congregation of St-Maur] that I honour and greatly esteem; I had hoped for this grace for you at the time of the reform of St-Julien and Marmoutier, but as vocations must come from heaven, I did not say a word to you about it, not wishing to put anything of my own into what belongs to God alone.

LETTER LVI, From Quebec, to her son, 4 September 1641.



Word of God (book of Acts of the Apostles 9,15)

But the Lord said to him: « Go, for this man [Saul, who was to become the apostle Paul] is an instrument whom I have chosen to proclaim my name before the Gentiles, the kings and the children of Israel. »

In my daily life

When I'm worried about the future of people I care about, I turn to the Lord, who wants good for all his children, instead of panicking and trying to resolve the situation on my own.

Day 7 with Saint François de Laval

For Saint François de Laval, to be a pilgrim of hope is a question of interiority. To build hope, you must first be at peace.

The Holy Spirit requires a peaceful, contemplative heart rather than an uneasy and dissipated heart. We must show a joyful, moderate countenance and mockery and unbridled laughter must be avoided and generally everything that is contrary to holy and joyful modesty.

The well-known instructions to missionaries, 15 September 1668.

Our Lord nevertheless in His mercy has bestowed on me a great peace of both mind and heart, and a total trust that, [...] He will ensure the success of the endeavor for His glory.

Letter to Denonville, 16 April 1691



Word of God (letter to the Romans 12: 9-12, 15)

Let your love be without hypocrisy. Flee evil with horror, hold fast to what is good. Unite with one another in brotherly affection; show respect for one another. Do not slow down, remain in the fervour of the Spirit, serve the Lord, rejoice in hope [...] Be joyful with those who rejoice, weep with those who weep.

In my daily life

I desire to bring goodwill and kindness to all my encounters and sharing so that I too can be a builder of hope.

Day 8 with the Universal Church

Pope Francis wrote:

There is not much place for patience in this age of the Internet, as space and time yield to an ever-present “now”. Were we still able to contemplate creation with a sense of awe, we might better understand the importance of patience. We could appreciate the changes of the seasons and their harvests, observe the life of animals and their cycles of growth, and enjoy the clarity of vision of Saint Francis [...] who saw all creation as a great family. [...] A renewed appreciation of the value of patience could only prove beneficial for ourselves and for others. [...] Patience, one of the fruits of the Holy Spirit, sustains our hope and strengthens it as a virtue and a way of life. May we learn to pray frequently for the grace of patience, which is both the daughter of hope and at the same time its firm foundation.

Spes non confundit § 4, Rome 2024.



Word of God (letter to the Romans 5: 3-5)

Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.

In my daily life

I recognize the call to rediscover hope in the signs of the times that the Lord offers. I demonstrate a life-vision full of enthusiasm to share with others.

Day 9 with Blessed Catherine of Saint-Augustine

For the young Catherine de Saint Augustine, to be a pilgrim of hope meant discerning at all times the action of God's grace in everyday events. From the moment a conviction takes hold of her, she makes it her guiding light. And so it is with her desire to come to Canada.

Whatever anyone said & did to me, I remained firm in the conviction that I would be a nun, & I said to the Mother of Novices, Do whatever you want to me, you will not take away my veil, & I will only leave here, except to go to Canada. The Blessed Virgin has given me such a firm hope that nothing will be able to make me lose it, or to show the slightest distrust of it.

Paul Ragueneau, s.j. La vie de la Mère Catherine de Saint-Augustin. p. 31



Word of God (book of Isaiah 40: 30-31)

Even youths grow tired and weary, and they stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

In my daily life

I take moments of silence to welcome day-to-day everything that breathes life into me... my reasons for hope.... I do the same in my encounters with others. I never leave them without inspiring or fostering hope.

The Little Hope



The faith that I love the best, says God, is hope.

Faith doesn't surprise me.

It's not surprising.

I'm absolutely bursting with creation.

Charity, says God, doesn't surprise me.

It's not surprising.

These poor creatures are so miserable
that unless they have a heart of stone,
how could they not have love for each other.

But hope, says God, that is something that surprises me.

Even me.

That is surprising.

That these poor children see how things are going
and believe that tomorrow things will go better.
That they see how things are going today and believe
that they will go better tomorrow morning.

That is surprising

and it's by far the greatest wonder of our grace.

And I'm surprised by it myself.

What must my grace,
and the strength of my grace, be so that this little hope,
vacillating at the breath of sin, trembling with every wind,
anxious at the slightest breath, be as constant,
remain as faithful, as righteous, as pure;
and invincible, and immortal, and impossible to extinguish;
as that little flame in the sanctuary,
that burns eternally in the faithful lamp.

Charles Péguy

French poet and writer (1873-1914)