

Prayer of Consecration to the
Immaculate Heart of the Blessed Virgin Mary



Mary our Mother,
may the Cross of your
Son, planted on Canadian
soil and in Canadian
hearts, be known as the
Tree of Life, whose fruit is
visible and available
to all in the garden of
this world.



We place our country
Canada in the sanctuary
of your Holy Heart for we
know that there we will find Jesus,
who lives and reigns
with the Father in the unity
of the Holy Spirit, one God,
forever and ever. Amen.

150 CANADA EXPRESS



Prayer for Canada Our Country Our Home

Dear Lord,

This prayer we offer you, to give our best in all we do.

This land you offer us is grand where we achieve more than we planned.

Please help us grow in love and share the light of your love everywhere.

From sea to sea our land does spread.

Guide us to share it with heart and head.

Lead us to reach a helping hand to all within this glorious land.

And more than that, help us reach out to those whose lands are left without.

We praise and thank you, women and men we are blessed to be Canadian.

Thank you Lord, for the beauty and the grace and the gift of our beautiful country.

This prayer is composed by Loretta Kyle a parishioner at St. Mary's



C'mon Canadians, it is time to celebrate, red and white are the colours to decorate. Thank you God for all we have and adore, our glorious country from shore to shore. With glowing hearts let's wave our banner, from the Pacific to the Atlantic in a welcoming manner. The Lord has been good to everyone living here, His praises we sing with nothing to fear.

This prayer is composed by Bonnie McKinnon a parishioner at St. Mary's.



As we celebrate Canada's sesquicentennial we reflect on Canada's diversity. We look at our past accomplishments and contributions to the world. We have freedom of speech, freedom of religion and respect for human rights. We must pause and thank God for our country, its leaders, family, friends and neighbours. Together we will continue to grow and we welcome new Canadians to share our good fortune.

Submitted by Rita Mauro a parishioner from St. Mary's.



Lord of Our Nation

Praise the Lord of our nation
Praise the Lord of our land
He smiles on us and watches where we're going
He holds us in the palm of His hand.

Our God has blessed us with a harvest,
He's given us our mountains and our trees
He sends the rain to fall and dries it with his sunshine
Our lakes He calms with gentle breeze

Praise the Lord of our Nation
Sing His praise forever more
Don't you know that the Lord of life has blessed this mighty nation
He's given us everything
Don't you know that the Lord of life has given us salvation
Through our Saviour Christ the King!

Submitted by Dora Giammaria (associate of Formed



O Most Holy Trinity and Blessed Mother we thank you for our Country Canada for the 150 years. Thank you for the freedom in this Country so that we may listen to find our true vocation so we can serve you better and grow in holiness and closer to you every day. Help us to do good will for our country as we celebrate the 150 years. We are blessed to have this year and hopefully many more years. We pray for our families of this country throughout the generations as well as new comers and their families.

Let us pray and hope everyone in our country is safe and please stop the violence around the country; including the unborn. Most Holy Trinity and Blessed Mother we pray for the sick, dying, and people who are trying to find their way to Christ and His Church. May they grow in peace and holiness and continue to find you every day of their lives. We ask this through Christ our Lord, Amen.

Composed by Stacy Forbes Altar Server at St. Mary's



When I was in France in school in 1943 I was told by my parents where I was going when I became of age. He never changed my mind.

Canada may be likened to a large rectangular basin. The central part being occupied the by broad and shallow Hudson Bay with mountains to the east, north and west. The anterior form a V with the apex in the southern arm is part of the Appalachian mountain system of eastern United States. These low mountains of Quebec Maine border through Gaspe Peninsulas and across western Newfoundland. The coastal plains which is wide across the southeastern United States east the Appalachians is submerged and forms a broad and shallow continental shelf off Nova Scotia and Newfoundland, important as fishing banks.

The northern arm of Canada's Eastern mountains rise along the coast of Labrador having Alpine peaks 8,000ft below the rugged indented eastern coast, Baffin Island and this is the highest of eastern North America. The mountain ranges extend northward with small sections having permanent icecaps and active glaciers through Bylot and Devon Island and along the eastern part of Ellesmere Island. The Innuitian Mountains is a mountain range in Nunavut and Northeast Territories. They are part of the Artic Cordillera and largely unexplored due to hostile climate. This is an outline of Canada which I love the country very much.

Submitted by Andrew VanExem a parishioner at St. Mary's



Canada truly is a land of immigrants and always was been, even before its formation 150 years ago. My ancestral past is a good example of this and it also has an interesting twist with the Catholic Church.

My paternal grandfather, John Louis Benson, was born in Rouen France. However at age 20 and in the year 1920, he left the family business that had been destroyed by the First World War, to start a new life in Canada. By contrast my mother's (Eva Arbour) first ancestor arrived in 1665. Where at the age of 19, Michel Arbour made the arduous trek across the Atlantic Ocean from Normandy France to New France. It was a grand event when he and nine other men arrived in Quebec City. Now comes the catholic part, according to church records. On November 11, 1665 in Notre Dame Cathedral, Monsignor de Laval held a confirmation ceremony to welcome the 10 newcomers.

As we see more push back to immigrants in Europe and south of the border, it's important to look back at our own personal history. We can be glad we live in this wonderful country, but also proud of how Canada is perceived on the world stage.

Submitted by John Benson a parishioner at St. Ann's

