

Lent offers a time for us to attend to parts of our lives we often neglect: prayer, Bible study and times of reflection to sort out what we believe and how this sets our priorities and shapes our actions. May this Lenten calendar help us count our blessings and share what we have with those who have less.

This year we are raising money for, and awareness of, **Institut Val du Lac**, the rehabilitation centre for youth, aged 6-18, who struggle to fit in. We will donate via the youth protection centre's foundation, Fondation du Centre Jeunesse de l'Estrie (www.fondationcje.com)

Youth protection's mission is to restore a balance between the needs of children and the capacity of their parents to meet these needs. The service intervenes when the safety of development of children is threatened, e.g. by abandonment, neglect, unhealthy psychological treatment, physical or sexual abuse.

In 1944 Abbé Simon Perrault used a wooden chalet on the eastern shore of little Lake Magog to offer a summer holiday to children (boys) who lived in various institutions in Sherbrooke. By 1959 the enlarged centre had a new name and orientation: Institut Val du Lac's mandate was the re-education of mentally-challenged youth with behavioural issues. In 1972, in answer to pressing need, the clientele included social misfits and young offenders; educators and social workers were engaged to provide schooling as well as personal and social development. In 1976, girls were admitted to Val du Lac!

The centre, for approx. 100 youth, now comprises eight units for housing, education, etc. as well a day centre, off-site services and host families. While there is a secure unit for young offenders, the aim of Val du Lac is to be a space where youth in crisis situations can work through challenges such as attachment difficulties, aggressive behaviour and post-traumatic stress disorder, to be able to reintegrate into regular life.

Some youth attend regular schools; those who have serious behavioural issues attend Val du Lac's special onsite school, *Le Monarque*, where they receive special attention.

Major funding comes from the provincial government but the foundation, all of whose Board members are volunteers, provides the extras that can make a difference, such as outings (when permissible) sporting equipment, furniture, etc. for those turning 18 and leaving the centre... Last August the centre received a Mira-trained emotional support service dog, *Watson*, who has his own employee ID card and goes to "work" every day. The annual amount paid to Mira - \$5,000, comes from the foundation. After 5 years, *Watson* will retire!

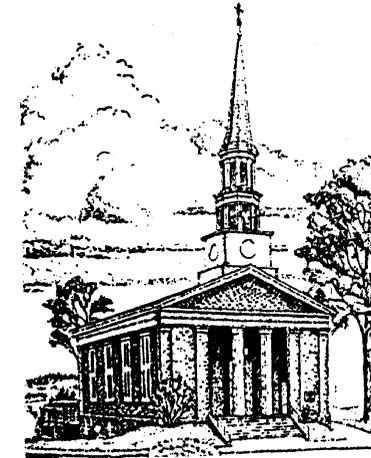
Our gifts to the **Fondation du centre jeunesse de l'Estrie** will support the work at Val du Lac, equipping young people for reinsertion into their families or independent living as adults.

Donations (Interac or cheques marked "Lenten calendar") to be forwarded to Plymouth-Trinity c/o Allan Marshall, 42 Academy, Sherbrooke, QC J1M 1R1, on Easter Sunday or soon after.

ÉGLISE UNIE PLYMOUTH-TRINITY UNITED CHURCH

Sherbrooke, Québec

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LENTEN SHARE CALENDAR 2021 CALENDRIER DU CARÊME

in support of / au profit de

**L'Institut Val du Lac via
Fondation du Centre jeunesse de l'Estrie
(Youth protection centre foundation)**

Lenten Calendar/Calendrier du carême 2021

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			February 17 <i>Ash Wednesday/mercredi des cendres</i> <i>Blessed are you who are poor, for yours is the kingdom of God. (Luke 6.20-21)</i>	February 18 Do you know of a youth who received help from Val du Lac in a crisis situation? If so, donate 25¢; if not, 50¢.	February 19 If you were never forcibly removed from your family as a child, give \$1.	February 20 Give 25¢ for each time you've been to the pharmacy so far this year.
February 21 <u>Let us pray</u> for those treated as poor, yet making many rich; as having nothing, yet possessing everything.	February 22 Do you know who founded what's now Val du Lac? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢.	February 23 Good nutrition leads to better health; add 75¢ if you ate fresh fruit or vegetables today.	February 24 Re-education of mentally-challenged youth began at Val du Lac in 1959. If you knew, donate 25¢; if not, 50¢.	February 25 Give 25¢ for each medication you take and be grateful for our healthcare system.	February 26 Have you ever supported a community organisation? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢	February 27 Give 25¢ for every book you've read since Christmas.
February 28 <u>Let us pray</u> for supportive communities, wherever we find them.	March 1 Do you know which foundation provides extras at Val du Lac? If so, 25¢; if not, 75¢.	March 2 Those who are fortunate enough to have a family doctor should give 75¢.	March 3 Do you remember the name of your kindergarten teacher? Give 75¢ either way.	March 4 To give thanks for medical and dental services you receive, put in \$1.	March 5 Approx. 100 young people live at the Val du Lac centre; give 1¢ for each of them.	March 6 If you've never been in debt, be thankful and pay \$1.
March 7 <u>Let us pray</u> that the words of our mouths meet the meditations of our hearts.	March 8 Can you locate the Val du Lac rehab centre on a map? If you say <i>Yes</i> , give 50¢; if not, 75¢.	March 9 Pay 20¢ for each phone call or text you received today.	March 10 If there's more food in your pantry than you can consume in two days, give \$1.	March 11 If you regularly eat three meals a day, put in 75¢; if not, 50¢.	March 12 Are you familiar with the non-profit organisation Mira founded in 1981? give \$1 with thanks for this group.	March 13 If you've never been a client of a food bank, pay \$1.
March 14 <u>Let us pray</u> for the courage to keep our eyes wide-open and for the desire to work together for the common good.	March 15 Do you know when Val du Lac first began? If so, give 50¢; if not \$1.	March 16 If you've never felt depressed or isolated from your family, give a generous \$1.	March 17 Do you know the name of the special Val du Lac school? Either way, donate 50¢.	March 18 Put in 50¢ for volunteers of all community organisations.	March 19 Give 50¢ if you haven't had to see a health professional in the last six months.	March 20 Did you complete high school? If so, 75¢; if not, 50¢
March 21 Rejoicing that God offers us a future with hope, <u>let us pray</u> for faith and hope in the midst of despair and strife.	March 22 Is Val du Lac co-ed? If you know, give 50¢; if not, \$1.	March 23 Think of five things you're grateful for and donate 75¢.	March 24 Have you ever volunteered at a school? Give \$1 anyway.	March 25 If you've never volunteered at a camp for underprivileged children, donate \$1 to the Val du Lac centre.	March 26 Give 50¢ if you ever felt you weren't in charge of your life.	March 27 Put in 50¢ if you don't have to boil your water.
March 28 <i>Palm Sunday/Dimanche des rameaux</i> At the beginning of Holy Week, <u>let us pray</u> for compassion and resilience.	March 29 If you know someone who works at Val du Lac, pay 25¢; if not, pay 50¢.	March 30 If you own more than 25 books, donate \$1; if not, give 50¢.	March 31 If you've never dropped out of school, add \$1.	April 1 If you've ever eaten food from another country (apart from the US), give 75¢.	April 2 <i>Good Friday/Vendredi saint</i> Have you ever been asked for money to buy food? Either way, donate 75¢.	April 3 Do you feel you've learned about the Val du Lac centre? Give \$1 toward the activities provided there.
April 4 <i>EASTER / PAQUES</i> Hallelujah! Christ has risen! He is risen indeed! Hope is credible, Love triumphs over hatred, Truth over lies and Life over death!	PAIX	PAZ	SHALOM	SALAAM	FRIEDE	EIPHNH