

*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.*

**Quebec Adapted Training Centre FSWC (First Steps Wellness Centre)**

<https://www.fswcquebec.ca/home.html>

<https://www.youtube.com/channel/UCg0cRQHhsPMxV8oM5L1C78A>

This non-profit organisation is a member of the FSWC group based in Regina, the Canadian pioneer in the field of intensive activity-based therapy (ABT) since 2010 for people living with spinal cord injuries. It opened on Galt East in Sherbrooke in February 2022. The (three) therapists are kinesiologists trained by FSWC Regina in activity-based therapy.

The centre is a registered charity which receives no government funding. Clients, who must have signed authorisations from their physicians, pay \$40 or more per hour of each session, depending on whether they have health insurance.

The founder/volunteer director is Noriko Imaizumi. In 2014 her young son's gymnastics coach became a quadriplegic following an accident. Searching for a way to help, Noriko discovered FSWC Regina, and took a course in entrepreneurship and a university certificate in the management of non-profit organisations.

Another of the volunteers is photographer Martin Lunkenbein, who is assisting with the website and publicity material.

*By combining research, technology and proven therapeutic outcomes, FSWC offers a comprehensive approach to help improve mobility and quality of life for people with various neurological conditions. The Sherbrooke centre offers the following:*

- Intensive activity-based therapy (ABT) programme
- Functional Electrical Stimulation (FES) programme
- Children's programme [since October 2022]

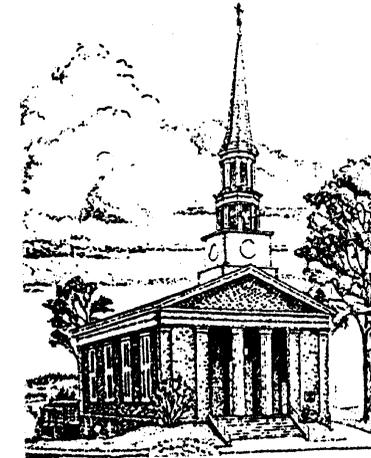
Our Lenten donations will help further the mission of the Quebec Adapted Training Centre **FSWC** and enable it not only to maintain the programmes already in place at the lowest possible cost, but also to accommodate more people with neurological conditions.

*Donations (to [ptuc.finances@bell.net](mailto:ptuc.finances@bell.net) 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

[plymouthtrinitychurch.org/](http://plymouthtrinitychurch.org/)



**LENTEN SHARE CALENDAR  
2023  
CALENDRIER DU CARÊME**

in support of / au profit de

**Quebec Adapted Training Centre FSWC  
(First Steps Wellness Centre)**

<https://www.fswcquebec.ca/home.html>

## Lenten Calendar/Calendrier du carême 2023

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			<b>February 22</b> <i>Ash Wednesday/mercredi des cendres</i> <i>He cured many who were sick with various diseases and cast out many demons. Mk 1.34</i>	<b>Feb. 23</b> Do you know anyone who received help from FSWC? If so, donate 25¢; if not, 50¢.	<b>Feb. 24</b> If you never had to spend time in a special care home because of neurological issues, give \$1.	<b>Feb. 25</b> Do you know anyone who has become seriously depressed since the beginning of the pandemic? Please give 75¢.
<b>Feb. 26</b> <u>Let us pray</u> for peace in the world.	<b>Feb. 27</b> Did FSWC Québec first begin working with adults? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢.	<b>Feb. 28</b> Good nutrition leads to better health; add 75¢ if you ate fresh fruit or vegetables today.	<b>March 1</b> Do you know anyone who had a spinal-cord injury? If so, donate 25¢; if not, 50¢.	<b>March 2</b> Be grateful for our healthcare system and give \$1 for FSWC.	<b>March 3</b> Have you ever volunteered or worked for a community organisation? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢	<b>March 4</b> Have you ever referred someone to FSWC? Either way, give \$1 to FSWC.
<b>March 5</b> <u>Let us pray</u> for all those who work to improve our world today.	<b>March 6</b> Do you know when FSWC Québec began? If so, 25¢; if not, 75¢.	<b>March 7</b> Those who are fortunate enough to have a family doctor should give 75¢.	<b>March 8</b> If you don't need a cane, walker or wheelchair, give 75¢.	<b>March 9</b> To give thanks for medical and dental services you receive, put in \$1.	<b>March 10</b> Do you know what a kinesiologist does? Give \$1 for FSWC therapists.	<b>March 11</b> If you've never been in debt, be thankful and pay \$1.
<b>March 12</b> <u>Let us pray</u> for those who have lost hope and are in despair.	<b>March 13</b> Do you know where the FSWC centre is located? If <i>Yes</i> , give 50¢; if not, 75¢.	<b>March 14</b> Give thanks for phone calls and texts from friends caring for you: this is worth \$1.	<b>March 15</b> Do you know a family where someone is quadriplegic? Either way, give \$1.	<b>March 16</b> If you regularly eat three meals a day, put in 75¢; if not, 50¢.	<b>March 17</b> Were you aware of FSWC before reading this calendar? give \$1 with thanks for sight.	<b>March 18</b> If you've never been a client of a food bank, pay \$1.
<b>March 19</b> <u>Let us pray</u> for friends and families.	<b>March 20</b> Do you know when FSWC enlarged its clientele to include children? If so, give 50¢; if not \$1.	<b>March 21</b> If you've never felt depressed or isolated from your family, give a generous \$1.	<b>March 22</b> Have you ever supported a community group: Moisson Estrie, Aube Lumière...? Either way, donate 50¢.	<b>March 23</b> Put in 50¢ for volunteers of all community organisations.	<b>March 24</b> Give 50¢ if you haven't had to see a health professional in the last six months.	<b>March 25</b> Did you know private funding/fundraising makes up more than 50% of FSWC's budget? Please contribute \$1.
<b>March 26</b> <u>Let us pray</u> for community workers and volunteers.	<b>March 27</b> Does FSWC offer services in French and English? If you know, give 50¢; if not, \$1.	<b>March 28</b> Think of five things you're grateful for, and donate 75¢.	<b>March 29</b> Have you ever volunteered at a school? Give \$1 anyway.	<b>March 30</b> If you've never been treated for a back injury, donate \$1 to FSWC.	<b>March 31</b> Give 50¢ if you ever felt you weren't in charge of your life.	<b>April 1</b> Put in 75¢ if you live in a heated house or apartment.
<b>April 2</b> <i>Palm Sunday / Dimanche des rameaux</i> At the beginning of Holy Week, <u>let us pray</u> for those whose lives are broken.	<b>April 3</b> If you know someone who volunteers at FSWC, pay 25¢; if not, pay 50¢.	<b>April 4</b> Have you ever consulted a therapist? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢.	<b>April 5</b> If you've never dropped out of school, add \$1.	<b>April 6</b> If you've ever eaten food from another country (apart from the US), give 75¢.	<b>April 7</b> <i>Good Friday/Vendredi saint</i> Have you ever been asked for money to buy food? Either way, donate 75¢.	<b>April 8</b> Do you feel you've learned about FSWC? Give \$1 toward their mission.
<b>April 9</b> <i>EASTER / PAQUES</i> Hallelujah! Christ has risen! He is risen indeed! Love triumphs over hatred and Life over death!	PAIX	PAZ	SHALOM	SALAAM	FRIEDE	EIPHNH