

# CSCO EASTER NEWSLETTER (ISSUE #15)



**"Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" (from Easter Sunday's Gospel, John 20.1-18)**

The second covid Lent and Easter. How long is this going to go on? No problem, "We are an Easter people and Alleluia is our song!" (St. John Paul II). We continue to minister to our students, colleagues, family members and friends. We keep on keeping on; nothing is going to stop us. Our Lord and Saviour Jesus Christ suffered and died for each of us and more importantly, he rose from the dead for us. He invites us to be with him forever, now as we build the Kingdom of God here on earth and eternally with him, our students, colleagues, family members and friends, in heaven. Lent 2021 was long but Easter is always longer. Joy and hope and faith and love are renewed and strengthened. Soon, the feasting will begin. I can't wait: bring it on! Stay safe, stay healthy, everyone. One day, we will dance together again...lorenzo

Thank you to our contributors for this edition: Andrew Hall with his Epiphany pics, St. Joseph's Lifecare Valentine's Day, Solemnity of St. Joseph Kahoot, Lenten Pen Pals with l'Arche Hamilton and Litany of St. Joseph students' video; Ann Clarke's CSCO AGM reflection; Joanne Belanger's 'In the Beginning' article; Don Hall's St. John Henry Newman prayer contribution and latest edition of 'Love is For...Giving' reflection; Gillian Federico's 'Mask' and 'Pandemic' prayer contributions; Wayne Lachapelle's 'Not Everything is Locked Down' greeting; Jeff Gendron, Matthew Snowden and Deacon Shawn Panio's reflections from Anne Jamieson's 'Nurturing Hope in Times of Trouble', and Mary Defayette's hope-filled photos. Enjoy!

## **Epiphany Pics**

I was able to visit a virtual lesson for our rec-fit leadership class and shared with them how we celebrated the Epiphany on Sunday. I shared with them the tradition of getting chalk blessed and writing an Epiphany blessing above your door. I told them that this would be an awesome activity for them to do during the pandemic and to ask God for protection over their homes.

I recommended to students that if they did not have chalk at home, to write the message on a piece of tape and put it above their door.

The message above the door reads: **20 + C + M + B + 21**

- The numbers on each side represent the year
- The letters are the initials of the 3 magi (wisemen) Caspar, Melchior, and Balthazar
- The three letters also stand for Christus Mansionem Benedicat which means "*God Bless this house*"

*-Between each letter is the symbol of the cross*





20.C.M.B.21









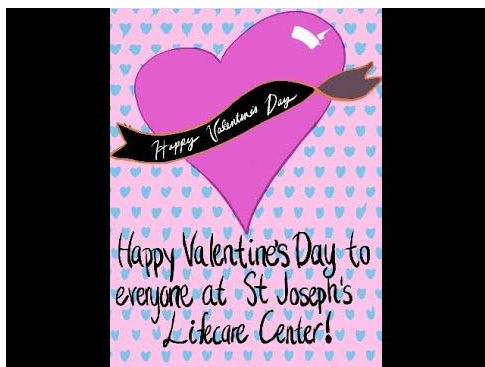


Andrew Hall is the chaplain of St. John's College in Brantford.

### **St. Joseph's Lifecare Valentine's Day**

The grade 12 students of St. John's College (Brantford), go to St. Joseph's Lifecare Centre every year to dance with the elderly on Valentine's Day. The day involves decorating the hall, dressing up, handing out flowers, and dancing. Due to Covid-19, this yearly event was unable to take place. Therefore, our grade 12s created a virtual Valentine's Day video in which they shared virtual Valentine's Day greetings, virtual cards, and performed covers of classic Valentine's day songs. This event is always connected to our faith, as it allows our students to respect life in all stages. <https://www.youtube.com/watch?v=UenIS9wtseY>





## St Joseph's Lifecare Centre Valentine's Day

[www.youtube.com](http://www.youtube.com)

Andrew Hall  
Chaplaincy Leader  
St. John's College

### **Solemnity of St. Joseph Kahoot**

In these times of Covid, I'm always looking for simple ways to connect with students. I made a St. Joseph Kahoot game that I am going to send out to my staff on Friday [March 19] and that I will go into a few classrooms to lead. I thought I would share it with you in case you would like to use it. We will begin our day by having students lead us virtually in the Litany of St. Joseph for morning prayer as well.

<https://create.kahoot.it/share/st-joseph-kahoot/84734819-88ca-48cd-97b8-b6cfb074a994?fbclid=IwAR0LQilpbjAnsV62qjKzmdeprPE1bbAl-0zm3ACdKp4rgPWnEbQ3JYWljI>

Andrew Hall  
Chaplaincy Leader  
St. John's College

### **St. Joseph's Student Video**

I thought you might appreciate seeing some of the students at SJC leading the Litany of St. Joseph for morning prayer today. <https://www.youtube.com/watch?v=1wGdKliyfVk>



## Fri March 19th Morning Prayer: Litany of St Joseph

[www.youtube.com](https://www.youtube.com/watch?v=1wGdKliyfVk)

Andrew Hall  
Chaplaincy Leader  
St. John's College

### **CSCO AGM Reflection**

Ann Clarke (St. Clair Catholic District School Board) - Annual General Meeting

In a typical year, our Annual General Meeting (AGM) would kick off the annual gathering at the CSCO Conference. Of course this is no typical year. I, along with many of our members, was truly missing the annual connection the conference provides due to the cancellation of last year's and the reality that it could still not happen this year. I was looking forward to this year's AGM but at the same time I had no idea what it would look like.

I have to say I was amazed at what the Executive was able to accomplish and the professionalism of the AGM. It was wonderful to begin with breakout groups and meet new people as well as connect with old friends. The recording of the Executive reports was a great idea and the business at hand went so smoothly. The opportunity to hear candidates speak and the voting was so well done. I can't imagine all the planning and technological wherewithal that it took to make it all happen.

On behalf of our membership, I want to thank our 2020-2021 CSCO Executive for a very impressive Annual General Meeting (AGM). At a time when we are all being stretched in new ways in our ministry, the members of the Executive have truly gone above and beyond. Not only have they served as Executive members but they all

agreed to serve an additional year in their roles and then they put together an amazingly well done Annual General Meeting. Thank you to each and every one of you (Jolene, Lorenzo, Stephanie, Anita, Krista, Joanne and Fr. John).

*[- check out the screen shots Krista took, in the CSCO website under Member Zone Photo Gallery]*

Ann Clarke is the chaplain of St. Patrick's Catholic High School in Sarnia .

## **Retirement Club**

In the Beginning...  
by Joanne Belanger

If you can, imagine it is the early 1980s. The Second Vatican Council wrapped up in 1965 and the Roman Catholic Church has been trying to incorporate changes, including a greater role for the laity, for almost twenty years. In the Diocese of Hamilton, the Hamilton Separate School Board has just hired their first lay chaplain, a young woman named Cathie Pead. Cathie has a Masters in Campus Ministry from Fordham University in the city of New York, USA. Who would have imagined that almost forty years ago a Catholic School Board in Ontario would be so bold as to hire a lay woman in a male dominated church to provide leadership to the Catholic high school community and mentoring to Catholic high school students?

Now imagine that Cathie, along with another woman, Sister Pat Finnigan and a few other Chaplains, start meeting and become very excited about the possibilities for Chaplaincy! To the point that, in 1987, they decide to hold a conference and 120 people sign up to attend! Following the conference, it is decided that "it is good for us to be here" (attributed to Father James Mulligan, CSC) and they decide to form an association in 1988 and that they will call themselves the Catholic School Chaplains of Ontario! They work hard to craft incorporation papers and there you have it – the CSCO is born! The first president – Father Jerry Williams, O. Carm. - leaves his position early and Sister Pat Finnigan steps into the role of president.

With their excitement in hand, this fledgling organization, inspired by the Spirit, decides that the sky is the limit and start planning! In January 1989, the CSCO hold their second conference at Mount Carmel in Niagara Falls. In 1990 they hold a summer school for Chaplains at St. Jerome's in Waterloo, developing their own curriculum and even issuing certificates! And in 1991, Cathie Pead puts together a handbook for High School Chaplains entitled "Bridges to Faith: The Why and How of High School Chaplaincy" which can still be found on some Chaplain's bookshelves!

Recently I had the pleasure of interviewing both Cathie Pead and Pat Finnigan over Zoom. I got to know Pat just a few months ago, as she and my husband are on a local board together. During our first conversation, last Christmas Eve, we chatted about the fact that we were both retired Chaplains. When Pat indicated that she had worked in Hamilton, I asked her if she knew Cathie Pead. Turns out that they are



still very good friends! I then shared that I met Cathie in the early 80s when I lived in Hamilton and worked at a development education centre called SHAIR. Cathie was on that Board and shared with me that she was a High School Chaplain. I found that fascinating and said that perhaps one day, I would like to do that work as well. Little did I know that it would be over twenty years before I would fulfill that calling! I was very excited to reconnect with Cathie at our Zoom meeting. It was just shy of 40 years since I had seen her. When she and Pat came on the computer screen – Cathie in Hamilton and Pat in Belleville and me in Quinte West, it was like a lovely puzzle coming together. Here was someone from my distant past who planted the Chaplaincy seed all those years ago, as well as a new friend, with whom I have many things in common, who was able to re-connect me with my past. And there was I, in awe of how everything is connected in such a metaphysical way, through time and space. As a newly retired chaplain, I was thrilled to be speaking with these two founding members of the Catholic School Chaplains of Ontario and hearing of the heady first days of this organization and conversely, I was able to invite them to join in our newly formed retired chaplain's group.

As you read this article, I invite all of you to reflect on the amazing and sometimes mysterious connections that you have forged throughout your ministry – whether long or short in time. Know that there are celestial forces at work that will bring wonderful folks across your path who will inspire you, accompany you, and support you as you go about your important work of Chaplaincy.



Pat Finnigan

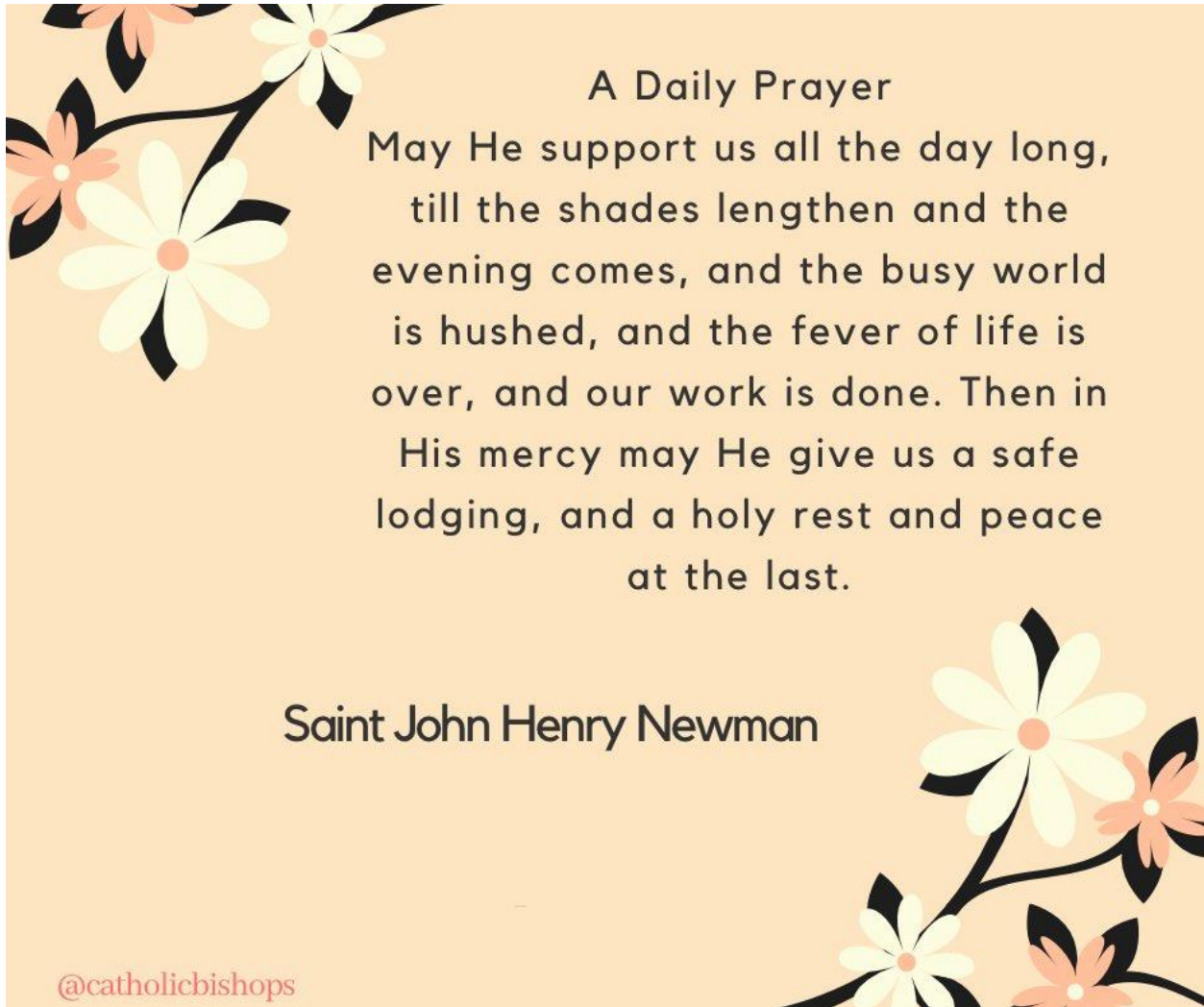


Cathie Pead

Joanne Belanger is our Membership and Marketing Coordinator, and a retired chaplain of the ALCDSB.

### **Prayer**





Don Hall is the chaplain of St. Mary Catholic Secondary School in Hamilton.

### **Love is For...Giving**

Nothing is sweeter than love; nothing stronger, nothing higher, nothing more generous, nothing more pleasant, nothing fuller or better in heaven or earth: for love proceeds from God, and cannot rest but in God, above all things created. ~ St. Therese of Lisieux

In sharing these insights and quotes, it is my sincere hope they will be helpful to others. How do you know if someone is a blessing or a lesson in your life? Although it is possible for people to be both a blessing and a lesson, they are usually one or the other. Are you being loved or are you being deceived? Pause and prayerfully ask God for signs to help you discern. In the end, people never abandon people they love. People abandon people they are using. Too often, we

love things and use people. We do not live in a black and white world and relationships are often complicated and messy. We are an imperfect people in an imperfect world. St. Mother Teresa reminds us that "If we really want to love, we must learn how to forgive."

Are you holding onto your friends too lightly or are you holding onto them too tightly? It is a delicate balance. Is there mutual compatibility? What happens when one person holds on lightly while the other person holds on tightly? There is no common ground. If you hold on too lightly, there is not enough to hold the relationship together. On the other hand, when you hold on too tightly, there is undue tension and stress. Often these friendships are short-lived.

Be thankful and happy for the gift of friends and never take them for granted. Friendships are special gifts that need to be gently cared for, tended to and cultivated like a garden. It takes mutual commitment, genuine love, prayer, sacrifice, communication, respect, trust, authenticity, honesty, discipline, patience, creativity, humour, maturity, timing, chemistry and the grace of God for a life-giving relationship to take root, grow and bear fruit. "To love is nothing, to be loved by someone is something but to be loved by the one you love is everything." ~ Bill Russell

Genuine love is a decision of both the mind and the heart. It is not based on convenience, a passing feeling, a mood swing, the time of day or the season of the year. There is a world of difference between someone who is committed to the relationship only on certain days versus someone who is faithfully committed to the relationship every day. Are you viewed by the other as a priority or merely an option? Mark Twain wisely reminds us: "Never allow someone to be your priority while allowing yourself to be their option." Are you being valued as a higher priority in the relationship with the passage of time? In contrast, when you are still seen as only an option in a long-term relationship, it is time to end the relationship and move on with your life. You deserve so much more. In relationships, we need to recognize that not everyone is ready to make a lifetime commitment. It is liberating when you appreciate that people are free to accept or reject the love that is being offered. There is no need to judge or to be upset with someone who chooses the latter as some are incapable to make such a commitment. As difficult and painful as this reality is to accept, choice is one of the profound mysteries of love.

It is impossible to love someone if you do not love yourself. This is foundational and will determine what you accept and how you allow someone to treat you. Words are important, but too often they are cheap, dishonest and meaningless while actions are usually invaluable. Mixed signals and red flags are present for a reason and should never be ignored. When you are blindly in love, this is often difficult and almost impossible to perceive.

Balance is so vital in everything. For example, when a wheel is out of balance or if your workday is out of balance, you will soon know it and the results will take their toll. There are times when relationships are out of balance for a variety of reasons. Do both people have a voice in the decision making? Timing is also a factor that should never be underestimated. People have different needs, values, and priorities and these do not

always remain the same over time. Are these predominately in sync or are they usually in conflict in the relationship? In the end, the writing is on the wall if the relationship is in a perpetual state of imbalance. Would your relationship exist if you treated your significant other the way they treat you? The answer to this question tells you everything you need to know, or possibly already feel in your heart.

There is much to be said about the importance of moderation. At no time can love ever be rushed or forced. A relationship that heats up too fast usually ends just as quickly. Never beg to remain in a relationship. No matter who you are, what you said or what you did would not have made a difference in a one-sided relationship. If a person has pure intentions, and the other person cannot commit, both lose each other. In contrast to the confusion that is common in a lop-sided relationship, when you are genuinely loved, you will know it. Authentic love is both a human and divine gift. The proof is always in the pudding. St. Therese of Lisieux summed it up beautifully: "Love proves itself by deeds. Miss no single opportunity of making some small sacrifice, hereby a smiling look, there by a kindly word; always doing the smallest things right, and doing all for love."

It takes two mature, honest, and committed people who know what they want, and joyfully and unconditionally love each other for the relationship to grow and stand the test of time. St. Paul reminds us that "there is nothing love cannot face; there is no limit to its faith, its hope, and its endurance." When you are mutually blessed with a loving friendship and relationship, do not ever let the sun set on your spats and disagreements. In the profound words of St. Francis of Assisi: "Love lightens all difficulties and sweetens all bitterness."

Know and believe that you are always enough. When this is not mutually acknowledged and affirmed, the relationship is over. Although this is much easier said than done, do

not give in to the temptation to ponder the million and one unanswered questions why the relationship ended because nothing will ever have made a difference. You will waste your precious time and only add to the disappointment.

You will always be more than enough for someone who is right for you and never enough for someone who isn't. If you have done everything possible for the relationship to grow and it falls apart, be at peace and trust that God is calling you elsewhere. Providentially, some relationships are blocked for reasons that we may never fully understand on this side of eternity. It is okay to not have all the answers and to not have complete closure. Let go ... let God and move on as you cannot live in the past. WONDERFUL blessings that you could never imagine await you in the future. When God answers our prayers, we are being directed. When our prayers are not answered, we are being protected. Trust that "there are more tears shed over answered prayers than over unanswered prayers. When we accept what happens to us and make the best of it, we are praising God." ~ St. Teresa of Avila

What is the one thing that people wish they could do if they had one more chance at life? Would we love more deeply God, others and ourselves in thought, word and deed? St. Augustine of



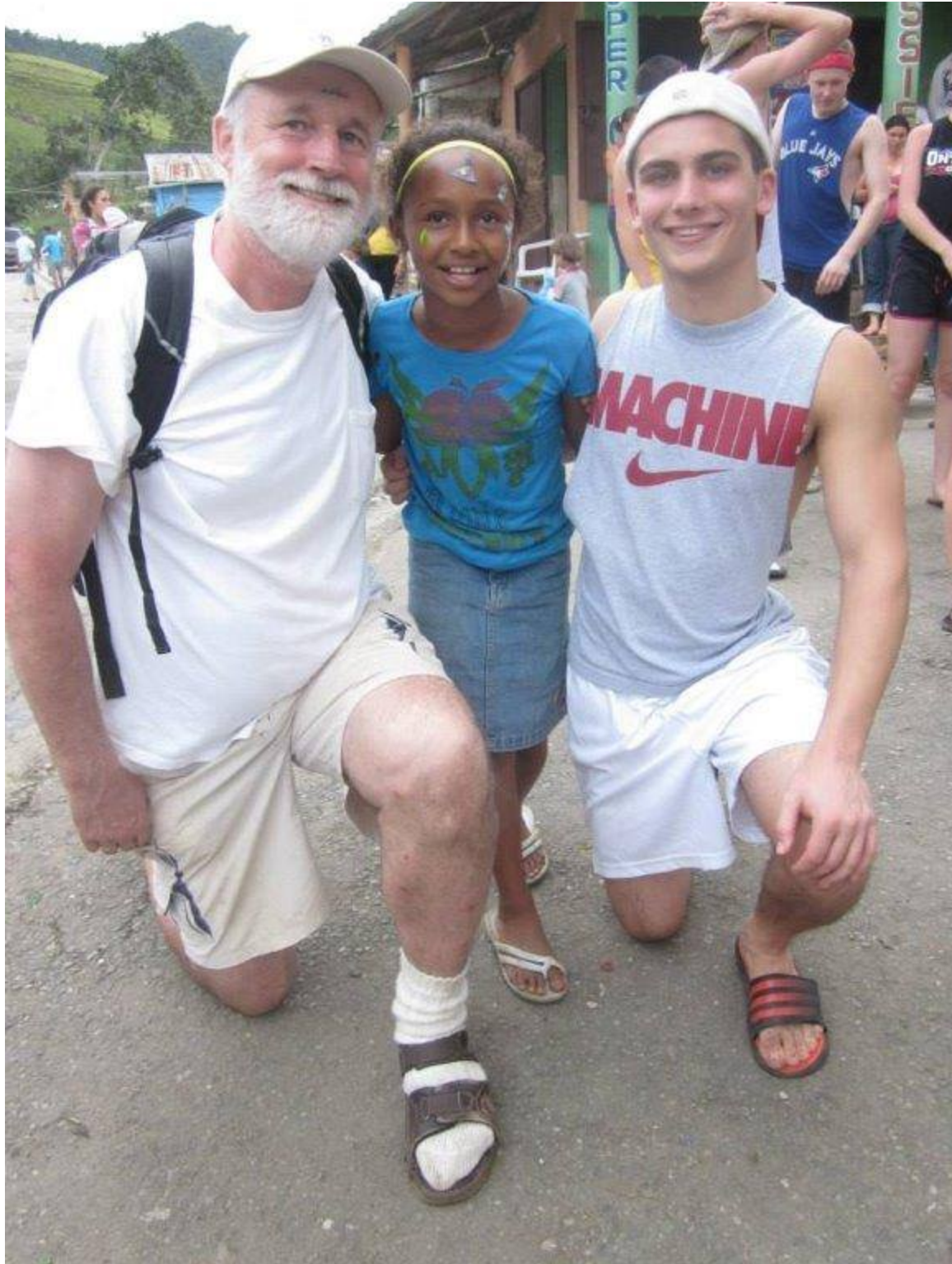
Hippo succinctly describes what is the essence of love. "What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like."

True love begins when nothing is looked for in return. ~ St. Therese of Lisieux











*-written by Don E. Hall who serves as the Chaplain at St. Mary Catholic Secondary School in Hamilton, Ontario. He and his wife, Maureen look forward to celebrating their 36th wedding anniversary! They are blessed with 2 children and 4 grandchildren.*

### **'Not Everything is Locked Down'**

A little something for all the AMAZING Chaplain's in the Hamilton Diocese [and members of CSCO too]!

If you are enjoying the sunshine and warmth today - good for you!

If you are having a quieter Wednesday [March 3] than usual! Good for you!

If you survived all four TEAMS meeting and are eating your lunch consisting of a Diet Coke and a stale bag of chips purchased before last March's first lockdown that you just found in the back of a drawer in your desk...Good for you!

If you are having a bad day and barely hanging on...you are not alone!

If you're having a bad week or a bad month...reach out to someone! There is someone in your life that would LOVE to support you! Just give them a chance to!

And while many of us are still in some level of shut down mode...here's a little something to remind us of what isn't lockdown!

This is what I call a "JUST BECAUSE" email! I don't want anything from you!! I don't need you to fill something out or pay some old bill!

JUST BECAUSE you are doing God's work and you since you are a fellow labourer in the vineyard...

this is just a simple "JUST BECAUSE" email...thinking and praying for all of you today!

God bless!

Wayne

Wayne Lachapelle is the chaplain of Notre Dame Catholic High School in Burlington.

### **“A Prayer When Wearing a Mask”**

by Cameron Bellm

Each time we put on a mask,

May it be an invitation

to remembrance,

A communal call to pause

and grieve

All those we have lost,

A number so high it

defies imagination.

Apart though we are

and must be,

May we recognize  
that we are linked,

All of us held together by these  
bits of fabric and elastic,

Stitched into a beautiful quilt  
of shared humanity,

Wrapping all the way  
around the globe.

To put on a mask is  
to light a candle,

And may our light  
be bright indeed,

Bright enough to comfort us  
in our mourning,

Bright enough to dare us to hope,

That our love will lead us  
to a better future.

Amen.

- contributed by Gillian Federico

## Pandemic Prayer

*As we recognise the passage of a year since we first had to face the reality of the Covid-19 pandemic, I thought you might find this prayer worth considering. It is by Lutheran pastor, Nadia Bolz-Weber, and may express some of the thoughts that many of us may be dealing with at this time.*

Dear God,

I don't know how to do this part.

I don't know how to stop that embarrassing, "but when is it MY turn?" thought when I see others getting their vaccination. I don't know how to wait well. I don't know how to not have it all feel like those last 5 minutes before the recess bell – when I can't sit still and behave anymore.

God, I also don't know how to do the *next* part. How will I stop fearing that our human bodies are a danger to each other? How will I find the energy to show up again? How will I ever small talk again?

And, importantly, what will I judge others for when I can no longer judge them for not wearing masks? (I'm sure I will find something).

Gently remind me that a year ago I didn't know how to live through the evaporation of all my plans, and the death of those I loved, and social turmoil, and the end of Schitt's Creek, and an isolation I thought I surely could not bear... I did not know how I was going to live without travel and sacraments and movie theaters and hugging my parents and yet ... **somehow**, I did.

Help me remember that we **somehow** got through this year without first knowing how we would do it and that you have been in every moment already, and you will be in every moment to come. So, I



thank you that **you are my somehow**, that your sweet Holy Spirit has accompanied me, equipped me, and comforted me – even when I failed to notice it, feel it, believe it or be grateful for it.

Amen.

- *contributed by Gillian*

Gillian Federico is the system chaplain and faith formation lead of the HCDSB.

## **Lenten Day of Reflection with Anne Jamieson**

Nurturing Hope in Times of Trouble: CSCO Lenten Faith Formation

### Words and Voices of Hope

On a cold winter day in March, CSCO members gathered together to reflect on the theme of hope. My spiritual life reflected the barren weather outside as it confronted the exhaustion and lifelessness that are all too common feelings during this pandemic time. With Dr. Anne Jamieson of ICE as our guide, though, I felt the uplifting and irresistible tug that an exploration of hope can bring to bear on times full of fragility and fatigue.

I was struck by the comforting nature of Anne's voice throughout our time together: poised yet tender, purposeful yet relaxed. The content of this presentation was lifegiving, but its delivery was truly illuminating. This showed me that the passing on of Hope which I experienced in our session is not simply done through the speaking of words but through words and voices that are alive with the fragile but stubborn flame of faith.

Anne said during her talk: "you cannot make something grow, you can only improve the odds, create the conditions." May our voices and our spoken words bear the hope of God for our students, may we set the stage for a desire in them to have hope, even in the hardest times. May what we share with them, hope for a new world, hope for the "indestructible power of Love" to hold up our lives, we may also hear ourselves. (*Spe Salvi* 35)

~ Matthew Snowdon, Chaplaincy Leader, Nicholson Catholic College, Belleville

It was a last minute decision. In the myriad of emails we receive every day, there was a reminder from our CSCO Communications Officer to attend a session on Lenten Faith Formation. While it is always great to see our CSCO peeps, I also benefited from some real

gems from our presenter ANNE JAMIESON. Her presentation on "Nurturing Hope" -- did just that. She gave us little packets of seeds through various quotes and reflections, and encouraged us to plant the seeds and allow them to grow in the hearts and minds of our students and staff. Thank you Anne, and CSCO for this great opportunity.

Jeff Gendron is the chaplain of Catholic Central Secondary School in Windsor.

What a wonderful Chaplains retreat with Anne,

A beautiful message for us and for the people we serve in these uncertain times, that have now lasted a year. Hope is the beacon of light and faith is the battery, that will light the way in nurturing and igniting hope for students and staff that we serve. As Anne said, "Christ chose us to be in the places we are at in this very moment of time and since he does not make mistakes, ask him for his intentions". I think we as Chaplains are called not only create to conditions of hope, but to share the goodness of this time and the goodness of God. Both of which people are truly searching for.

"The people are the Garden and we are the Gardeners, lovingly tending to the Garden".

Dcn Shawn Panio

Chaplain Leader

St. Stephen CSS

Bowmanville

***[-check out the video that Krista taped of Anne's presentation, and included in the Member Zone of the CSCO website]***

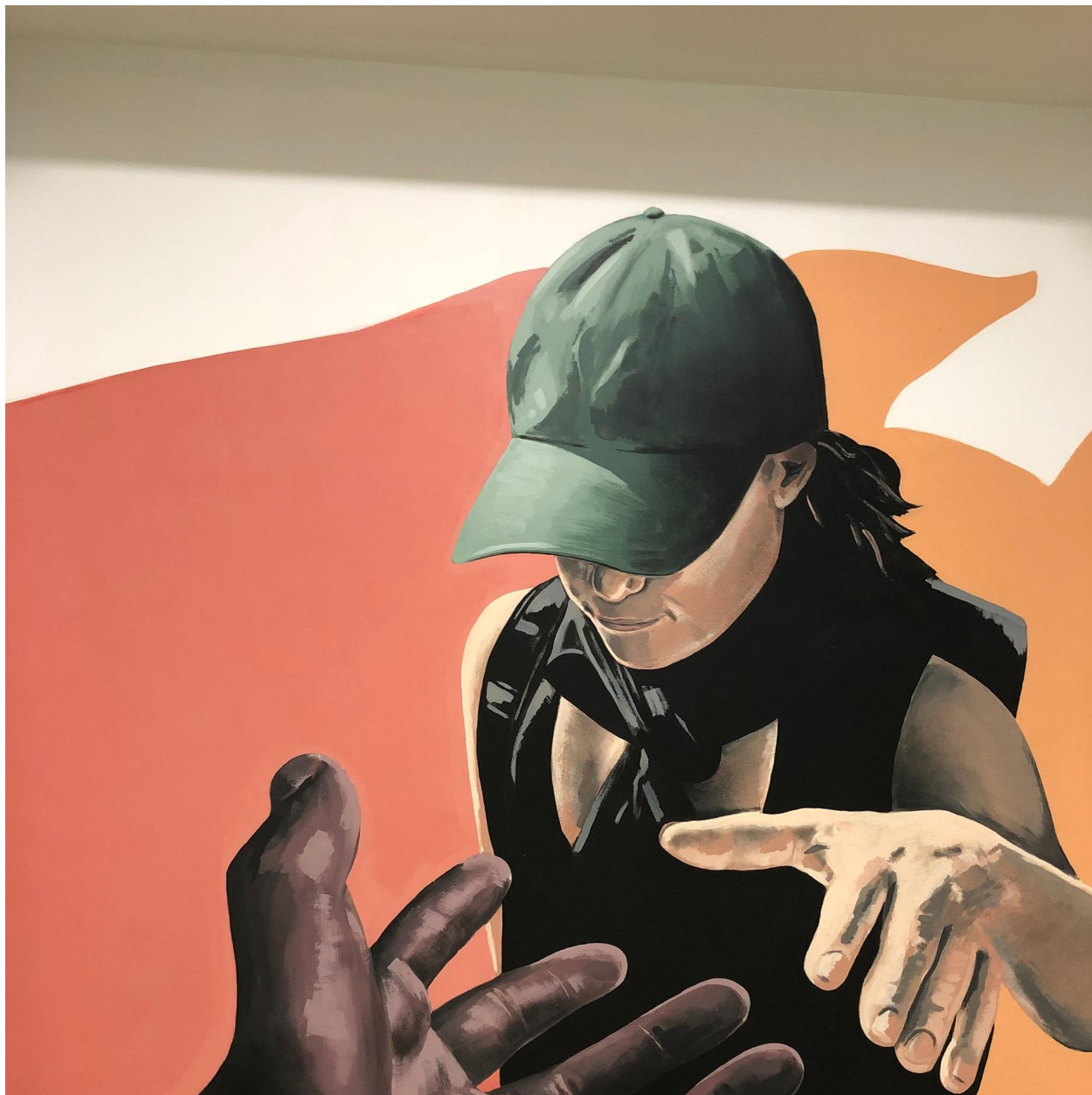
## **Mary's 'Signs of Hope' Photos**

For me the second season of Lent during COVID has meant a shift- a shift from focusing on giving up something to what can I do for others- At school I have asked students to help with daily prayer- the result has not always been what I think Lenten prayer ought to be- but that is

okay. I truly believe that our Loving God hears all our prayers. Prayer has, and continues to, keep me grounded this COVID time.











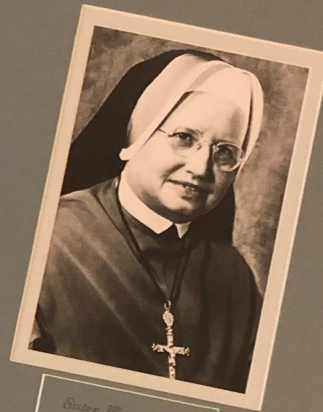
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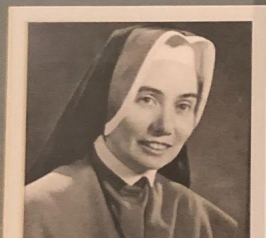
Rev. Sister Loyola  
1928



Sister Agnes  
1928 - 1941



Sister Mary Christine  
1941 - 1967











ALL THE WEALTH IN THE WORLD  
CANNOT BE COMPARED WITH THE  
*happiness of living together*

ST MARGUERITE D'YOUVILLE













Spring- the wee crocuses are popping up in our yard. They are a sure sign that spring is on it's way. I will try to send you a photo of a bee in the crocus- the honey bees will be out foraging soon. They are in search of sweet spring food sources- dandelions are a favourite, but while they wait on those they enjoy crocuses, daffodils, and tree pollen.



My granddaughter has taken to snapping photos too- she is in the red jacket, standing atop of a stone wall that surrounds the park near her home. I wonder what she has noticed? The stone wall dates back to the early 1900's and was likely originally part of the <http://stfrancoisdassise.on.ca/> land.

Immaculata also has a long history- founded over ninety years ago. The first administrators were Grey Sisters. St. Marguerite d'Youville is our patron saint. Strong, faith-filled women have inspired me throughout my vocation as chaplain. I've included some photos from our school- from the breakfast program, our hallways and artwork... signs of hope

Finally, I will share the prayer I find inspiration in

Saint Marguerite d'Youville, you had a listening ear, a compassionate heart; your life, truly a living Gospel, inspires our actions. Lend us your eyes that we may discover the most urgent needs of our times. Lend us your ears that we may hear cries of pain and distress. Lend us your hands that we may dress wounds and alleviate pain. But more especially, lend us your heart, that we may manifest God's tenderness through our boundless love. Beseech the Father to give us as He did to you, a dauntless faith, an invincible hope, a universal charity. Amen.

Mary Defayette is the chaplain of Immaculata High School in Ottawa.

### **Retirement Notification Reminder**

If you are retiring during the 2020-21 school year, please let me know, or if you know any of your colleagues who are retiring, drop me a line at [cscovp@gmail.com](mailto:cscovp@gmail.com). You will find the Retirement Notification Form at the CSCO website in the Member Zone.

Thanks again to Andrew, Ann, Joanne, Don, Gillian, Wayne, Jeff, Matthew, Deacon Shawn and Mary for their contributions. The Year-end Newsletter will be issued at the end of the school year. Please consider submitting any news, prayers, stories,

reflections, insights, songs, works of art or videos by June 18. Send them to Lorenzo at [cscovp@gmail.com](mailto:cscovp@gmail.com). Include a photo or image with your submission.

***Wishing you and your families a blessed and holy  
Easter Season, and an awesome Spring Break!***

***Jesus is Risen!***

***Truly, He is Risen!***



