#### April 2022 Issue #19



CATHOLIC SCHOOL CHAPLAINS OF ONTARIO

# CSCO Easter Newsletter

I totally love the holy season of Lent! Probably, my favourite liturgical season! But man, is it long... As I write this intro, it's the 5th week of Lent. I am so looking forward to Holy Week! Intense yes but Easter Sunday is right around the corner. I've focused well on the three pillars: prayer, fasting and almsgiving. It's become a way of life. Thank you God for Lent, for these 40 blessed days! It is true that some of our members have been living Lent daily, they are in the Garden of Gethsemane with Jesus. Life has presented them with some serious challenges. We pray for all of you, sister and brother chaplains, and especially for those of you who are going through a difficult time at present. May God bless you with peace and healing. May God bless the world with peace and healing. Easter will soon be here. The joy of the Resurrection continues to be celebrated all over the world!

I can't wait!

May the feasting begin soon...

Joy and hope and rebirth and new life... Alleluia!

Lorenzo Campanelli CSCO Vice President Chaplaincy Leader of Holy Trinity C.S.S.



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## Some Thoughts on Mary's Advent Faith, Hope, and Joy

Wydmarck Kwan

Chaplaincy Leader Lakeshore Catholic High School



A History of African American Art: Henry Ossawa Tanner-The Annunciation

https://www.youtube.com/watch?v=zs44P8zgfm0

The 2021 CSCO Advent virtual gathering was held on the feast day of the Immaculate Conception – December 8th. Steph Jarret led us in a prayer service which invited us to ponder and to learn from Mary`s example of an Advent faith, hope, and joy during her Annunciation (Luke 1: 26-56). Faith, hope, and joy has been three significant themes that came about as fruit of my prayer. Thereupon, I wish to expound my reflection from three important virtues that I saw in our Blessed Mother: humble faith, trusting hope, and responsive joy.

**Humble Faith.** I learned that the etymology of the word `humility` comes from Latin `humus` which means ground. Mary`s faith is grounded on her deep conviction that she indeed is beloved by God. That is why the angel Gabriel did not have to go through much length to assure her: "do not be afraid, Mary, for you have found favor with God (1:30)." She knows and is secure in the reality of God's unconditional love for her. Most often, I find that the biggest setback I have with my spiritual growth is this certain inability to ground myself to the reality that I am 'loved.' It is easy for me to doubt other people's intentions. And it is far easier to doubt my own capacity and worth. I think that these are moments of forgetfulness. I simply choose to forget how God's salvation was manifested to me in the past. I forgot God's work of mercy to me in the present, and his promise of fidelity to me in the future. In other words, I forgot God. But not Mary. She had no ounce of a doubt that God indeed favors her (1:48). Her humble faith empowers her to trust God with all her heart.

**Trusting Hope.** Mary reminds me that hope and trust are not two separate entities. How often do I find myself saying "I hope so?"- meaning I am not so certain that a desired outcome will surely happen. I often interpret 'hope' as an impossible dream: something so far from my grasp. And something that leaves no room for God's work to take place with me. But not Mary. She cooperates with God. She relies on God's fidelity to his promises (1:54-55) even when violence, injustice, and evil seems to prevail in the world (1:51-53). Her deep trust and hope empowers her to say 'yes' with great joy and conviction. She surrenders all that she is so that God may work wonders through her.

**Responsive Joy.** I have come to realize that joy is not simply a feeling of intense happiness. But rather joy is a grace that is borne from humble faith and trusting hope. St. Paul instructs the early Christians in Philippi: "rejoice in the Lord always (Phil. 4:4)!" Joy is something one can choose in authentic freedom. This realization invites me to confront the negativities I often hold in my life. I realize that yes, gratitude is a gift, but I can also choose it. I can choose to shift my life lenses from woes to blessings, from defeats to triumphs, from a self-enclosed tomb of rejection to the radiance of God's love and favor which calls me come out in the open – so that I can be a mirror of God's love and favor to others. Such is Mary's joy. It is an empowering joy that moves one to respond to God's goodness and grace with much magnanimity and generosity in spirit. It is a joy that freely chooses to return love for love.

Let us ask for Mary's intercession that God may grant us the grace of a humble faith, a trusting hope, and a responsive joy. Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

# Your Top Pics for Advent Songs!

O Come O Come Emmanuel       Hey Rosettal         Come Thou Fount of Every Blessing       Surfan Stevens         Night's Falling       Andrew Bird         Cry of a Tiny Babe       Bruce Cockburn         Rosa Mystica       Notre Dame Folk Choir         Gabriel's Message       Kings College Choir (Cambridge) or Sting         Ave Maria       Bobby McFerrin- Ive at Montreal Jazz Festival         Come Be Our Light       Bukas Palad         Breath of Heaven       Any Grant         The King Shall Come       Trevor Thomson         Bread and Roses       Joan Baez         What Child is This/Child of the Poor       The Hound and The Fox         Driving Home for Christmas       Chris Rae         Kyrie Eleison       Mr Mster         Light Of The World       Lauren Daigle         Carolina in My Mind       James Taylor         Mary Did You Know       The Pentatonix         Little Drummer Boy/Peace on Earth       Bing Cosby and David Bowie         Holy Holy Holy       Mchael W Smith         Loan only Imagine       John Angotti version,         Little Drummer Boy       For King and Country         Maraget Throne       Thrid Day         Somewhere In Your Silent Nig	Song Title	Artist
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Ave Maria Bobby McFerrin- live at Montreal Jazz Festival		
	Something in the water	Carrie Underwood

Album	YouTube Link
A Cup of Kindness Yet	https://youtu.be/9JS718fzg_4
Songs for Christmas	https://youtu.be/CB7Zk6HiDEU
Hark!	https://youtu.be/-w42xQS97XA
Nothing But A Burning Light	https://youtu.be/XtMs9zztEiY
https://youtu.be/C0SXESaYd58	https://youtu.be/C0SXESaYd58
https://youtu.be/7AmWu2zLzrU	https://youtu.be/7AmWu2zLzrU
https://youtu.be/14LcvpXmb74	https://youtu.be/14LcvpXmb74
JesCom TV	https://youtu.be/zjMF1QCuelQ
Home for Christmas	https://youtu.be/FWo3qlqyW1c
Spirit and Song Volume 3 Disc F	https://youtu.be/xNXnjWYCHUg
	https://youtu.be/vqJHUkOTLOQ
Songs of Winter	https://youtu.be/letPAANnhzQ
	https://youtu.be/DDt3u2Ev1cl
Welcome to the Real World	https://youtu.be/9NDjt4FzFWY
Behold	https://youtu.be/_cLhaZIBSpo
James Taylor	https://youtu.be/Yx_LHSrjsCg
Evergreen	https://youtu.be/ifCWN5pJGIE
	https://youtu.be/n9kfdEyV3RQ
Michael Smith Live	https://youtu.be/jel-W2HV2kM
do not know	https://youtu.be/xoRFiJvwiwg
	https://youtu.be/NzEX3QMuVPM
Come Let Us Adore Him	https://youtu.be/ryUgs3WQOc4
	https://youtu.be/nT-5cP4Beol
	https://youtu.be/xJzIo6OudIg
My Gift	https://youtu.be/jR-wUErMFyA
	https://youtu.be/G8jJzIKB_TE
Barenaked for the Holidays	https://youtu.be/HGVNzgUxE-g
A Christmas to Remember	https://youtu.be/xLQPVtZ1tOk
Let Love In	https://youtu.be/i-kHleNYIDc
	https://youtu.be/XGcrMbx0K1c
	https://youtu.be/FpGYImM_VeM
	https://youtu.be/K_vjHTtP7Lc
Wake Up the World	https://youtu.be/ShQhhlol7ms
	https://youtu.be/QQFsw9J1dE8
	https://youtu.be/MHA6y9Psyao
https://youtu.be/C0SXESaYd58	https://youtu.be/C0SXESaYd58
 https://youtu.be/7AmWu2zLzrU	https://youtu.be/7AmWu2zLzrU
https://youtu.be/14LcvpXmb74	https://youtu.be/14LcvpXmb74
	https://youtu.be/mH9kYn4L8TI

## Advent Playlist Suggestions continued

Below are a couple of links to some Advent Playlists from America Magazine (Jesuit) that have some wonderful choices as well.

https://www.americamagazine.org/faith/2017/12/02/unconventional-advent-playlist-227957

https://www.americamagazine.org/faith/2018/12/14/advent-playlist-classic-hymnshelp-you-wait-hope-232394

<u> https://www.americamagazine.org/arts-culture/2020/12/21/matt-maher-advent-playlist-music-239572</u>

Stephanie Jarrett CSCO Secretary Notre Dame College School

Our visit to Church of the Immaculate Conception, Manitoulin Island (March 2022)-D.Pereira and family.



## In the February 2022 Digital Edition of Liguorian Magazine

## **Love Is For Giving**

When we accept and make the best of the hand we are dealt, we are offering praise to God. Don Hall (Page 30)

## https://liguori.uberflip.com/i/1445478-2022-februaryliguorian/0?

## Don received this message in November 2021

Good morning Don,

I'm writing to let you know we are interested in publishing "Love is for Giving" in a future edition of Liguorian. Currently we're considering it for the first part of 2022, perhaps Feb.

### Take care,

Elizabeth A. Herzing-Gebhart Director of Editorial Circulation Manager and Editor Liguorian and Catholic Update Liguori Publications|Liguorian

#### Merry Christmas to You and your families during this most unusual time.

Our journey through Advent to Christmas too has been unusual and has given us many areas to think about in our preparation. Simplicity is what the season brings us today and how our Savior came into our world. They too were in a small bubble which allows us to celebrate with them that same way. Something we are not accustomed to especially with all the traditions at Christmas. Trying to remain hopeful that this Christmas would be more than reminiscing of past Christmas'.

It is more! The birth of Jesus has given us salvation and an intense love for God! This is our ministry/vocation –serving others such as our students and one another, we too follow the Golden Rule. I heard a story once where a carpenter was carving a bird into one of the beams way up above in a Cathedral and a co-worker said to him "why are you doing that? No one can see it," and the carpenter said, "God will see it."

God sees all that we do in the simplest actions just by saying 'good morning' to our students as they enter our school or classrooms or 'have a good lunch' and/or 'have a great afternoon' as they leave our school, we are putting faith into action. We are welcoming and including many into our community.

Know how much you are admired for what you are instilling in our students and for building up the Kingdom of God. You may think no one sees, except GOD sees. Blessings to You and Your Families!

> Take Care, Be Safe and know GOD Loves You All Very Much!

Vincenzo Silvestro Chaplaincy Leader, Saint Andre Bessette Catholic Secondary School Here are some pics of students from my high school, St. John's College, celebrating the feast of the Epiphany. Students were invited to write an Epiphany blessing above a door in their homes. Here is a little blurb below which explains the blessing:

The message above the door reads: 20 + C + M + B + 22

-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

### **Andrew Hall**



20+(+MB+)

Blessing\_\_\_\_\_ 20+C+M+B+22





De Mazenod Door Outreach The Poor • The Marginalized • The Inner-City Youth WEARE SILENT

- Help feed the homeless and marginalized in Hamilton at the De Mazenod Door Outreach by being silent and not using social media from 3:00 P.M. on Wednesday, February 16th to 3:00 P.M. on Thursday, February 17th.
- Pledge \$10 using cash online to support the De Mazenod Door Outreach at St. Patrick Parish.
- Receive 10 hours of Christian Community Service.
- Sign up on Mr. Hall's office door.
- Please wear a plain white top on Thursday, February 17th.
- Pick up a pledge sheet from Mr. Hall.

Thanks for being a difference maker!

Please use Cash Online.

Due to the global pandemic, our students have not traveled to the global south to build home for Dominican families during the past three years.

Annually, they don't talk and refrain from using social media for 24 hours in order to raise money to help feed the homeless and marginalized in our inner city.

I remind them that if they can do this, there is nothing they can't do!

Don Hall

https://www.hwcdsb.ca/427386--St-Marystudents-pledge-silence-to-show-support-tovulnerable-in-Hamilton-

## MENTAL HEALTH MENU

Plan a healthy meal	FREE
Catch up with a friend	FREE
Listen to music	FREE
Practice a hobby	FREE
Read a book	FREE
Try 5-min meditation	FREE
Stay off your device	FREE
Compliment someone	FREE
	1000

Our students poured themselves into this outreach.

Their beautiful, life-giving Christmas spirit will warm the hearts of the residents and staff at St. Joseph's Villa. We have now received

and shared 492 beautiful Christmas letters and cards for the residents at St. Joseph's Villa.

## -Don Hall



St. Mary's High School, Owen Sound has been busy with their Lenten commitments this year and one important commitment has been offering our support to Ukraine. Along with our prayers (and our prayer request on our



digital sign outside of the school), we have so far donated nearly \$3,000 to the relief efforts in Ukraine. The money was raised from our Shrove Tuesday pancake breakfast, bake sale (selling traditional Ukraine apple cake and other treats), and general collection. Here are a few pics of our students putting their faith into action and offering their support for the people of Ukraine.

-Mary Skiba, Chaplaincy, St. Mary's High School







Lunch time prayer vigil for peace at St.Joseph C.S.S., Mississauga.

God of Peace and Justice, we pray for those caught up in the current violence in Ukraine. We implore you for peace. Holy Spirit, Our Consolation, comfort all those who fear. Grant wisdom and discernment to those in power.

Holy Family, who fled to Egypt, guard all those who have sought refuge away from the land they love, and bring them safely home again. Mary, Mother of us all, cast your protecting veil around all suffering lands and peoples. Turn all hearts back to your Son, our only Savior and the Prince of Peace. Amen.

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## LENTEN "UP CLOSE AND PERSONAL"

#### Lindsay Moore-Chung Chaplaincy Leader, St. Joseph Catholic High School

What are you giving up for Lent? Facebook. I'm using the extra time for prayer.

*Do you "cheat" on Sundays?* Not intentionally. I forget sometimes.

*Favourite non-meat recipe?* Delicious Egg Salad <u>https://www.allrecipes.com/</u> <u>recipe/147103/delicious-egg-salad-for-</u> <u>sandwiches/</u>

*Favourite Lenten Hymn?* We rise again from Ashes by Tom Conry

*Favourite Easter Artwork.* He is Risen by He Qi

> Dcn Shawn Panio Chaplain Leader St. Stephen Catholic Secondary School

What are you giving up for Lent? Licorice; No working after 8 p.m.

*What do you Add for Lent?* Pray and reflect on one of the Stations of the Cross every day.

Do you "cheat" on Sundays? Yes

Favourite non-meat recipe? Perogies

*Favourite Lenten Song?* How Deep the Father's Love for us by Stuart Townend

*Favourite Lenten Hymn?* Lord, Who Throughout These Forty Days

-questions from American Magazine, Jesuit Review-



**Photo Credit:** F. Pereira. Church of the Immaculate Conception, Manitoulin Island. March 2022.



My favourite Easter Art?

#### Eileen McGowan Chaplaincy Leader, St. Joseph Catholic High School

#### What are you giving up for Lent?

Procrastinating and drinking red wine during the week. I have banished my alter-ego, "Jane Housecoat" (a retiree temptation that is far too easy to fall into in pandemic times if you're not going anywhere that day. Now I have to get dressed right after breakfast!)

*Do you "cheat" on Sundays?* Sunday is the Lord's day! I celebrate it in Lent too, with rest, prayer, family, and a tasty Sunday dinner. That's not cheating in my books. (True Confession...I do cheat on St. Patrick's Day. It's an Irish Holy Day of Obligation to celebrate! I am also over 60, which is an excuse I never use to get out of fasting, except on that day...)

*Favorite non-meat recipe*? Roasted Butternut Squash Soup (the recipe on the "Cookie and Kate" site), and Spinach and Ricotta ravioli with homemade pesto, arugula, and grated Grana Padano.

Favorite Lenten song? "Broken Vessels" by Hillsong, morning and evening birdsong from all the returning birds. That's music to my ears!

Favorite Lenten poem? "Miracle" by Seamus Heaney. There is a beautiful personal story about Heaney's inspiration for this poem

**Favorite Lenten hymn?** "Triduum Hymn: Wondrous Love" (the Good Friday verses) to the tune Southern Harmony adapted by Marty Haugen. (Gather Comprehensive # 406 (I have attached the lyrics because they are different from the traditional ones, and far more beautiful to me.)

**Favorite Easter artwork:** "The Road to Emmaus" by Daniel Bonnell. But, for 2022: I think Ukranian Easter eggs are my favourite. To see our brothers and sisters in Ukraine resurrect from this horrible war and celebrate their victory over Russian violence and oppression would be the most beautiful Easter artwork I could imagine.

#### Wondrous Love-Good Friday Verses

- What wondrous love is this, O my soul, O my soul? What wondrous love is this, O my soul? What wondrous love is this that cause t the Lord of bliss To bear the dreadful curse for my soul, for my soul, To bear the dreadful curse for my soul?
- 2. As you have shown the way, let us love, let us love, As you have shown the way, let us love; As you have shown the way, so teach us ev'ry day To simply be the way of your love, of your love To simply be the way of your love.

3. Wherever you are found, may we be, may we be, Wherever you are found, may we be; Wherever you are found in souls and b bodies bound, Where suffering is found, may we be, may we be, Where suffering is found, may we be.

As instruments of peace, may we grow, may we grow, As instruments of peace, may we grow; As instruments of peace to bring the bound release, And make oppression cease, help us grow, help us grow, To make oppression cease, help us grow.

5. O let us hear your call to be love, to be love, O let us hear your call to be love; O let us hear your call, great servant of us all, To be the least of all, as your love, as your love, To be the least of all, as your love.

Lyrics by Marty Haugen

## **UP CLOSE AND PERSONAL CONTINUED**

## Recommended by Eileen

### **Miracle by Seamus Heaney**

Not the one who takes up his bed and walks But the ones who have known him all along And carry him in —

5 Their shoulders numb, the ache and stoop deep locked In their backs, the stretcher handles Slippery with sweat. And no let up

10 Until he's strapped on tight, made tiltable And raised to the tiled roof, then lowered for healing. Be mindful of them as they stand and wait

15 For the burn of the paid out ropes to cool, Their slight lightheadedness and incredulity To pass, those who had known him all along.

**CSCO** Conference

**Please join us for the CSCO Annual General Meeting On April 20 at 9:30 a.m. (Zoom)** 

Thursday, April 21, 2022 from 9:30-2:30 p.m. (Zoom)

"Ministry on the Margins: Meeting all seekers, believers, and everyone in between" . With keynote speaker, author, journalist, and college educator, Kaya Oakes. One of my favorite Good Friday prayers is from St. Francis Xavier:

#### PRAYER OF SAINT FRANCIS XAVIER

It is not your promised heaven That moves me to love you, lord. Nor the fear of hell That forces me to fear you, lord. What moves me is the sight of you Fixed to a cross and mocked. What moves me is your wounded body. the words that hurt you, the blows that broke you. What moves me, lord, is your love. Even if there were no heaven, I would love you still, Even if there were no hell, Still I would fear you. For me to love you, you need nothing to give, Even if I did not hope, as indeed I hope. Even so I would love you. as indeed I love you.

<u>https://www.philipchircop.com/</u> <u>post/180750891382/prayer-of-saint-francis-xavier</u> <u>-for-the-feast-of</u>

I think that this prayer speaks about someone who is so in love with Christ; and his attempt to match the unconditionality of love he experienced from the Crucified Lord.

There is a song inspired from this poem which is posted in YouTube.

https://www.youtube.com/watch?v=61qN-ygEoDc

Wydmarck Kwan Chaplaincy Leader Lakeshore Catholic High School



**Photo File:** D.Pereira, Goa 2020. Public buses paint Saint's name to evangelize and pray for driver and passengers!

later that night i held an atlas in my lap ran my fingers across the whole world and whispered where does it hurt?

> it answered everywhere everywhere everywhere.

- Warsan Shire "What They Did Yesterday Afternoon"

## **NEW BEGINNINGS!**

# **Congratulations Krista and Eric!**



-Krista Olivieri Chaplain for Niagara CDSB-

## Happy Birthday Clara Alice Hall!

We welcomed our daughter, Clara Alice Hall, to the world this morning (Feb.3) at 6:26! She is 8 lb., 10 oz., and is absolutely perfect and we love her so much!! -Katie and Andrew Hall-





Clara Alice is named after both of her great grandmothers. Katie, Andrew and a good friend, Dan recorded this song in a music studio. It's the fourth song they have recorded for their children.

-Don Hall

https://katiehall.bandcamp.com/track/clara-alice

#### He is Risen!

#### He is Risen indeed!

Thank you to our contributing writers for this edition of the Newsletter: Don Hall (good news to share, student letters to seniors, Lenten reflection, we are silent, and blue poster prayer), Wydmarck Kwan (Advent retreat reflection, and Lenten up close and personal), Stephanie Jarrett (Advent playlist), Andrew Hall (song for Clara Alice, Epiphany door markings, and new baby news), Vincenzo Silvestro (Christmas reflection), Krista Olivieri (wedding photo), Mary Skiba (school reflection), and Lindsay Moore-Chung, Eileen McGowan, and Deacon Shawn Panio (Lenten up close and personal). Enjoy!



## Wishing you and your loved ones a Blessed Easter!

## **Christ is Risen! He is Risen Indeed! Alleluia! Alleluia!**

-painting commissioned by Leland Bell. Full Stations of the Cross in the Church of the Immaculate Conception-

#### Next Issue: End of Year/Summer 2022

Please consider submitting any news, prayers, poems, songs, art work, stories, reflections, or insights by June 3, 2022 for the next newsletter. Send it to Lorenzo at <u>csco.vp@gmail.com</u>. Include a photo or image.

> Newsletter Team: Deidre Pereira, Nick Ali, Lorenzo Campanelli