

JESUS CALLS ALL OF US TO SERVE IN GOD'S LOVE. HE TOLD US TO "LOVE ONE ANOTHER AS I HAVE LOVED YOU"  
JOHN 15:12

## "Do you love me?" John 21:15-17

### INSIDE THIS ISSUE:

	1
Walk With Jesus	2
Catholic Education Week Theme 2018	2
Washing of Feet	3
Black History Month	3
March for Life	4
Social Justice Awards	4
Social Justice League	5
SJL in action	6
Social Justice	7
Love me, love my world	8
Snippets of our faith in action	9
D and P Thinkfast	10
Chaplains and PA's	11
What is Love?	12
Roots of Empathy	12

*On Faith Day 2017, in October, we unfurled our new Theological Theme, "Do you love me?", based on Jesus' conversation with Peter in John's Gospel (John 21:15-17). Our theme image, created by Doreen Zheng, a student at St. Ignatius of Loyola Secondary School, leads us to consider a wealth of opportunities to put our response to this question into practice. The theme is now being highlighted in many Board-wide and school-based events, Adult Faith Formation and Theological Education for Leadership sessions. Over the next four years we hope to plumb the depths of what it really means to say, "Yes, Lord, I love you!"*

### Do you love me?

John 21:15-17



Student artwork by Doreen Zheng, St. Ignatius of Loyola Secondary School 2017-2021 THEOLOGICAL THEME



Staff at Holy Cross Catholic Elementary School created their own tree banner by posting their favourite scripture passages about love.



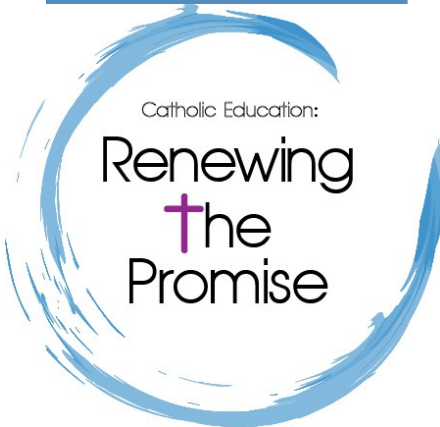
## Do you love me? Walk with me...

Once again this year, the Halton Catholic District School Board marked Catholic Education Week with our Annual Walk With Jesus—the 9th such walk in our faith as a Catholic learning community. In spite of threats that it would ‘rain on our parade’, students did several circuits outside the Mattamy Cycling Centre before gathering to pray with Fr. Andrij Figol, who is

Chaplain at Corpus Christi Catholic Secondary School. After eating lunch together everyone joined to celebrate Mass with Father John Van Hees, our Dean, who was joined by Fr. Peter Meyer and Fr. James Petrie, as well as Fr. Andrij.

Fr. John received rapt attention from the students as he spoke of love and promises we share as followers of Jesus.

The theme for this year’s CEW was drawn from the Bishops’ Pastoral Letter based on the Symposium held in November to revisit the document, This Moment of Promise, issued in 1989, in response to extended funding to Catholic Schools in Ontario.



### Catholic Education Week 2018

- Remembering the Promise
- The Promise is within you
- Praying the Promise
- Living the Promise
- Proclaiming the Promise



HCDSB Walks With Jesus 2018

## If you love me, wash each other's feet.

A Reflection by Julia Marcos with help by Brittnei McCorquodale and Tyler Flippance, Notre Dame Catholic Secondary School

All we were told the day before was to bring a towel and a hand cloth. Mr. Shaw was being too vague and mysterious. Later we learned he was avoiding our questions because Chaplain Wayne told him not to say anything other than to give the instructions.

As the period started, Chaplain Wayne came to our classroom and asked all of us (grade 12 religion class) to go to the chapel. In the beginning of the activity, Chaplain Wayne told us to sit in one of the two rows. He explained to us, that he wanted us to be open during this activity in the chapel. He asked us to be brave and enter into these moments together. He then told us in the front row to turn around. Suddenly, with Crayola markers in our hands, we were facing the people in the second row. I was confused. I was sitting and facing someone I do not usually talk to on a daily basis. He then asked all of us to take off one sock and one shoe from the same foot. First moment of truth: I am not a big fan of feet! I don't like my feet and I don't like the feet of other people!

As soon as we all heard the instruction to go bare feet, I think in everyone's mind our first reactions were "heck no" or "yuck!" or "I'm not touching someone else's bare feet". I looked around and everyone was actually participating. I felt good about that. With the Crayola markers in hand, we were asked to draw the person's portrait in front of us on their foot. Second moment of truth: I am not an artist! Everyone started laughing from either ticklish feet or bad sketches of themselves. People started to get quieter while trying harder to make their drawing better. My partner could see I was uncomfortable and kept encouraging me! Then the person whose foot I drew on, they now had to draw me. Third moment of truth: he was a bad artist too! (Whew!)

Chaplain Wayne then asked everyone to take off their other sock and shoe and he started to bring out individual buckets of perfectly warm, soapy water. He then asked each of us to move our chairs farther back. He then asked us to wash each other's feet (making sure to wash off the drawn image) and dry them. Suddenly everyone one was getting down on the floor and washing each other's feet and then we all traded spots. At this point though, everyone in the room seemed as if washing other people's feet was a normal thing to do. It seemed like we were answering a call to take care of our brothers and sisters just as God has always reminded us to do. As we were washing each other's feet, I looked around and I could tell everyone was feeling humbled and loved.



Once we all had our shoes and socks back on and we had returned our chairs to facing the altar in the chapel, Chaplain Wayne talked about the feet of the people in Jesus' time. They were gross, calloused, and dirty and they had horrible toenails! He asked us to close our eyes. He then began reading the story of how Jesus washed the feet of His disciples. I had never heard the story that way before. There was a part where Jesus said that even though he was a teacher and a master that there was no difference between them when he washed their feet. He said he left us an example to follow. We opened our eyes and the room was silent. Chaplain Wayne asked what we learned from washing each other's feet. Some said they felt fine washing someone else's feet, but they didn't want their feet washed. Some classmates said they did not feel "worthy" of having their feet washed. Some said it felt so natural to care for the other person's feet.

Travis Flippance said he had to wash the feet of one of his good buddies, but after that experience he now felt more "like a brother." Brittnei McCorquodale said she learned that "helping someone doesn't have to always be physically helping them either. Maybe it's a hello or a smile that helps people feel noticed and loved." I learned that sometimes we see ourselves totally below others; meanwhile they see us the same way. We are all even. Realizing that, it gives me more self-confidence to reach out to others and help them any way I can.

Chaplain Wayne also explained why we had to draw portraits of each other. He said that we complain about how mean some people are to us, but that is nothing compared to how horrible we are to ourselves. He said we walk all over ourselves every day. We sometimes hate what we see. He challenged us to love ourselves more and be kinder to ourselves. He said if we did more loving of ourselves, we might have more confidence to reach out to others and help where we can. Fourth truth: he was totally right.

After now experiencing the Holy Thursday washing of the feet, the group of us walked out of there feeling closer and more ourselves than ever before. The second class that experienced this washing of the feet, they echoed the same feelings.

I am truly grateful for being able to participate in, what I would now call a "Celebration of Washing the Feet!" It was a great way to bond and do something special like this with my graduating class. I am so proud we were all brave enough to enter into this moment. It is now a forever memory for all of us.



### DO YOU LOVE ME? MARCH FOR LIFE

Every year, the HCDSB invites students from each high school to make the trip to Ottawa in order to participate in the March for Life. This year, 59 Halton Catholic students and 11 supervisors made the journey to parliament hill to listened to inspirational speakers, expanded their knowledge on the pro-life movement, and were given the opportunity to stand up for something that they truly believe in.

This past May, I attended the March for Life for the third time. This year, as with every year, I was blown away by the courage, faith, passion, and dedication of my fellow pro-life advocates. It's an incredible experience to be apart of something so important, and so much bigger than just one person. To be pro-life means to value and love life at every stage, from conception until natural death. Whilst on my personal journey, I've discovered that to be pro-life isn't just a 'sometimes' thing. The theme of this year's March for Life was 'All In'. This is meant to encourage people to be proud of being pro life. Show it in everything you do, to everyone you meet. Be kind and loving in your day to day life. But also firm in your beliefs. To be 'All In' means that you're not cutting any corners. No, abortion and euthanasia are not wrong only 'sometimes'. Don't call yourself pro-life, but then agree with Canada having no laws to protect the unborn. To be 'All In' means to dedicate yourself fully to the movement, and to be proud of doing so. 'Pro-life' is so much more than a title. It's a mentality, a sense of right and wrong, and a way to live your life. When you truly value the lives of those around you (born and unborn) you'll find yourself with an even greater appreciation for all the unique individuals in your life. Love others, and love life. That's what I advocate for as a pro-life student.

Kelty Barel – grade 11 Loyola student.



### BISHOP REDING SHOWS LOVE FOR THE COMMUNITY



Every month at Bishop Reding Catholic Secondary School, we highlight students who have demonstrated the focus on faith social justice themes.



Teachers nominate students from each grade who have manifested the themes of Human Dignity and Human Rights and Responsibilities (Gr. 9), Stewardship of Creation and Preferential Option for the Poor and Vulnerable (Gr. 10), Promotion of Peace and Global Solidarity (Gr. 11) and Community and the Common Good and Dignity of Work (Gr. 12). Themes alternate each month.

The Chaplain receives all of the nominations and randomly selects one boy and one girl from each grade from the pool of names.

The student recipients receive a laminated certificate signed by the Principal. These students are exemplary young people of our school community.

## Assumption's Social Justice League is Living Out our Theological Theme

Social Justice League's Mission (SJL) Statement:

*"Believing that each person is made in the image of God, the Social Justice League supports the marginalized and oppressed, through service and education, to bring about positive change."*



<< At meetings, students participate in awareness-building activities designed to have students reflect on how their lifestyles and choices impact others, especially in developing communities. Students discuss different perspectives on various community and world development issues, and are asked to think about how each of them is called to personally respond in light of their baptismal call.



*Students finished weaving their first sleeping mat made from recycled milk bags during this year's THINKfast (which also raised \$300 for Development & Peace). These mats are durable because the plastic takes so long to break down, and hygienic due to the anti-bacterial properties in milk bags.*



## HOW SJL CHANGED ME

When I first joined, I didn't know there would be so many different ways to connect with our community. Before I started volunteering, it seemed random to take part in certain events out of school, but it was never a waste of my time. There was just always something new to be learned from the experience, and we really enjoyed it! There's a great learning value of donating your time where it's needed; the way you connect with people on a totally different level fostered by selflessness. This is something you don't always get the chance to do, and once you do it, it feels like something you have to go back and try again. Even a couple of hours makes a big difference, even if it's just in one person's life, it's worth it. We have discussions up for deliberation, and activities that we do to help educate us about the many issues in the world where our contributions can benefit the people being afflicted. Even just by simply raising awareness, we can inspire others to show interest and believe they can make a difference once. Overall, I've become more thoughtful of others and have found ways to regularly apply what I've learned in my daily life. Everyone should be involved with this group at least a little, there's just so many great opportunities to donate your time, plus the great leadership experience that goes along when you're in a position of organizing an event or campaign that raises awareness of important issues at Assumption and leads the way for other students to get involved.

Laura Giron

Gr. 12 Student



*Shopping for Food Bank Donations – a charitable act as well as a lesson in budgeting!*



*Spending Valentine's Day visiting with some smiling seniors at a local nursing home.*

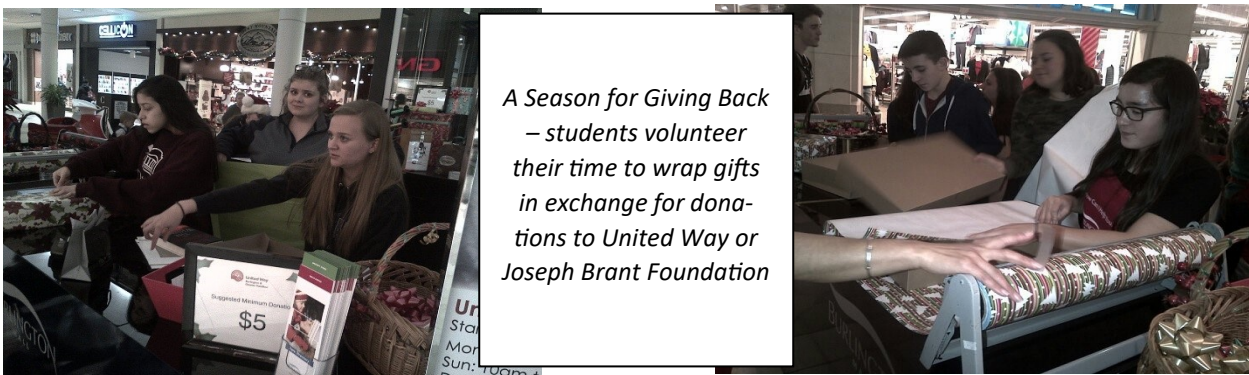


*Serving up dinner for hungry guests at Good Shepherd Ministries >>*



*Student-run education campaigns around issues of access to water and education around the world also come with action-pieces such as collecting school supplies to be donated to Canadian Food for Children, and signing petitions to restrict Nestle's access to Ontario fresh water.*

*"Being in the Social Justice League allowed me to work with people who all share the same goal of making the world a better place for everyone. At times, it taught me to be a better leader, and it always allowed me to learn more about what I can do to help the issues. The experience of being in the Social Justice League really put things into perspective for me through our meetings and trips to the Good Shepherd and made me think more about how I can help those less fortunate, even with something as simple as donating things instead of throwing them away. I learned a lot and became a more compassionate and empathetic individual through being in this club and would encourage everyone interested in learning about world issues and wanting to make a difference to join."*



*A Season for Giving Back  
– students volunteer  
their time to wrap gifts  
in exchange for dona-  
tions to United Way or  
Joseph Brant Foundation*



### Doodles on the Theological Theme from Christ the King

Christ the King students have been connecting to the new theological theme by reflecting on it word by word. Each word of the theme was painted onto a separate canvas and students doodled their responses.

On the Feast of Christ the King, after a prayer service in the Atrium we presented the “DO” canvas. We gave them free reign in responding to that single word. They came up with a variety of responses: Do you love God?; I do believe in love; Do be kind to yourself; Do what you love, love what you do.

On a blustery winter day, Student Council was handing out hot chocolate over lunches. We brought out the second canvas with the word “YOU”. We asked, who are you? Some answers were: I am caring; I am awesome; I am a sister; I am a believer; I am myself and that’s good enough.

As spring cautiously peeped through the school windows we pulled out the third canvas – “LOVE”. We asked students to comment on how they show love. Their answers involved a whole lot of listening, kind words and hugging of homies.

We are saving “ME” until the fall. For now it is a blank slate, ready for deepened reflections on this multi-faceted theme.



### Sowing Seeds of an Ecological Conversion

June 6 was “Garden Blitz” day at Christ the King. We are executing stage two of our Pollinator-Meditation Garden. Each period, one or two classes lent their labour to the project. Mr. Limoge and his construction technology classes hand dug a base for our seating area, then spread and tamped limestone screening. Classes from various subject areas spread mulch, weeded and edged the gardens. The transformation was amazing! Our fragile new plantings look happy in their well-tended beds and the outlines of our outdoor classroom are emerging. It’s easy to imagine meditating or holding a class in this little oasis of nature. We learn through doing. Nine classes had the opportunity have nature teach them of its beauty and priceless value. The learning will continue as classes tend and care for our little garden and as they soak up its beauty in their outdoor prayer and learning.

Love me? Love my world.





# Snippets of our faith in action

Ms Munster's class at Guardian Angels share some advice from Pope Francis →



← Celebrating our love.... At Mass in memory of Superintendent Giacomo Corbacio

St Marguerite d'Youville students celebrating First Holy Communion at Mary Mother of God Parish →



CEC Staff observe Ash Wednesday ↑

St Timothy students remembered the people of Humboldt, Sask., in their prayers



Corpus Christi welcomed the Serra Club Vocations Group for Mass and presentations

### Development and Peace: Think-Fast at Loyola

This past fall, we were introduced to the new theological theme, “Do you love me?” (John 21: 15-17). To date, we have prayed and reflected on this scripture reading on school retreats, at prayer services in the Chapel, during social justice activities, and within classroom discussions. This theme is very fitting for all of our school social justice activities, since in one of Jesus’ responses, he tells Peter to, “tend to my sheep.” As Loyola student representatives of the Development and Peace Student Committee, we really identified with this request. It was not just given to Peter - it applies to us as well. Under the guidance of our Loyola D & P advisor, Mrs. Harkin, we used this scripture reading as the foundation for our planning of the 2018 Think-fast prayer and activities, so that our participants knew they were tending to the sheep by raising awareness and responding to global suffering.

Development and Peace is an organization that, as described by this year’s advocate Mary Ellen Chown, aims to; “support partners in developing countries who have initiatives, [who] just need further resources to bring about greater prosperity.” Loyola’s students dedicated their evening to learning about the many initiatives run by Development and Peace, one of these being the annual Think-Fast.

The Think-Fast continued into a 10-hour period of fasting that took place on March 14th, as a sign of solidarity with those suffering around the world. Participants refrained from eating until the Think-Fast event at the end of the school day. Guest speaker Mary Ellen Chown was invited to advocate on behalf of the event’s theme, Women at the Heart of Change. Within her presentation, Mary Ellen Chown covered important topics such as gender equality, improving access to education for girls, and the value of the female voice in the fight for social change.

Participants were also introduced to one of the many struggles immigrants face on their journey to new places: crossing borders. Asked to choose six items they would bring on a hypothetical journey across the Canadian border, participants tested their strategic skills to see if they could survive a modern immigrant’s journey. In the process, they also learned more about an immigrant’s hardships.

Following the activities, participants ended their fast with a much-welcomed pizza dinner. With more knowledge gained on the active fight for peace, Mary Ellen Chown left students everywhere with the following advice: “Ask questions when you see something that feels like it’s not right in your heart. Raise your voices together against the problems, do it with a sense of joy. Doing that, I think, will bring greater meaning to your lives. Never give up; it’s a lifelong process of living rightly in the world.”

In other words: always tend to the sheep.

Lourdes Duah,

Grade 11 Loyola Student







Chaplains meeting with Paula Dawson to celebrate the next step in her life journey.

HCDSB chaplains with some of their counterparts from the Hamilton Diocesan Chaplains' Association on Retreat.

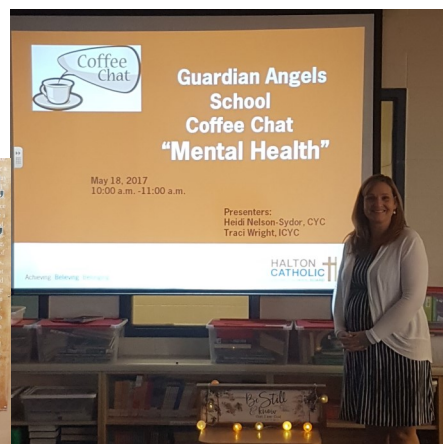


### Schools with a difference!

One of the things which makes Catholic schools different from their public counterparts is the presence of chaplains and Pastoral Animators. Although some of what they do – especially around liturgy and the changing seasons of the Church year—is very obvious, they also do a lot of work which is less noticeable. They put much work into the planning and execution of Faith Day and many other faith activities in our schools, support students and colleagues, listen, share and pray.

Many of our CYC's also offer Christian Meditation and other faith-based activities.

## Jesus' love...



## ...is alive in our schools



## What is Love?

We tend to toss the word 'love' around a lot; however, the ancient Greeks would have been shocked at the lack of sophistication in English as we try to use this one four-letter word to encompass so many meanings.

They had seven words to recognise various types of love: storge, philia, ludus, eros, pragma, agape and philautia.

**Storge** is natural, instinctual love between parents and their offspring.

**Philia** concerns deep friendship, and loyalty - especially referring to comrades in arms.

**Ludus** describes 'playful love', flirting, playful teasing, affection between children.

**Eros**, or sexual desire and passion, was seen as dangerous and irrational, an emotion which would possess you and sweep you away.

**Pragma** is the mature love and understanding that couples who have been married for many years develop. It incorporates compromise, patience and tolerance.

**Agape** equates to caritas—the Latin from which we get the word charity. This is the selfless love which one shows to all people, whether known or strangers. The Eucharist is sometimes referred to as an *Agape Meal*.

**Philautia** is love of the self and was further subdivided into the unhealthy form associated with narcissism and self-aggrandisement, and the more positive version of liking oneself and feeling secure in oneself which gives one the capacity to love others. "And you shall love your neighbour as yourself" (Mark 12:31)

*How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of being and ideal grace.*

Elizabeth Barrett Browning, 1806 - 1861

The Halton Catholic District School Board hosted a Baby Celebration on May 18<sup>th</sup> to recognize the contributions of our volunteer families that participated in **Roots of Empathy** this year. The event was filled with joy and laughter, from a heartwarming slideshow presentation of all 42 programs and a performance of nursery rhymes by Brian Dunn, School Chaplain, Karen Caruana-Darling, Secondary Teacher, along with students from her music class at Jean Vanier.

**Roots of Empathy** is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among children while raising social/

emotional competence and increasing empathy. A parent and baby visit a classroom once a month over the school year



providing opportunities for students to observe the attachment between parent and baby. The children learn that babies develop through using their senses but most importantly, it is **love** that is essential for healthy growth. '**Love Grows Brains**' is one of the key messages children learn in Roots of Empathy. In addition, children are presented with many opportunities to demonstrate the connection they've developed with their Roots of Empathy baby through song and play. At the year-end celebration with the family, the students share a heartwarming presentation of their hopes and wishes for their Roots of Empathy baby. This experiential learning of love beautifully connects with our Theological Theme **Do You Love Me? John 21 15-17**. It is through the children's compassion for their Roots of Empathy baby and for one another that they demonstrate their **love for Jesus**.

This is just one of many programs conducted by CYC's in our schools. We are blessed with the extraordinary work they do to help our students both in times of crisis (CCCRT Responses) and in their commitment to support the emotional/social well-being of all students. Our CYCs demonstrate unwavering commitment to walk along side those who need compassion, care and support. We recognize and thank our CYCs for all the wonderful work they do.