



King's University College

# Chaplains' Newsletter

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# Giving thanks for a new academic year



Welcome to the re-launch of The Chaplains' Newsletter. For those who are new to the newsletter, it is an opportunity for the Office of Campus Ministry to provide a small glimpse of the programming materials we use in our office and in our parish community.

Our plan is to provide a quarterly newsletter which will coincide with both the rhythm of the academic year and will reflect the liturgical year. This year, you can anticipate receiving a newsletter for the Advent/Christmas cycle, the Lent/Easter cycle and a newsletter that will focus on graduation and year end items.

There have been a number of changes in our office since the last newsletter. Maija Wilson and her husband Matthew have welcomed their daughter Ella into their home and Maija has recently returned from maternity leave. Sr. Susan Glaab csj, who worked for close to ten years in Campus Ministry, has left King's to join her community in their spirituality program. I will be assuming Susan's responsibilities with our partner Boards of Education throughout the province. I am happy to announce that Melissa Page Nichols has begun in the position of "Pastoral Counsellor" in the Office of Campus Ministry. Melissa is a graduate of King's, having completed her Masters of Social Work a few years ago. In addition to counselling, she will work with me in facilitating the Religious Life

Lecture Series, will provide opportunities for ecumenical worship at King's and will work with the faculty in the integration of faith, research and the Catholic mission of the college.

Janet Loo will continue to minister in the area of music and Annette Donovan Panchaud continues to minister in the area of social outreach, adult education and formation. Lisa Caeiro is our administrative assistant who keeps our ship on course and pointed in the right direction.

As always, the newsletter is meant to serve those working in our primary schools, secondary schools and administrative offices. We need your direction on what topics and items you would find most useful and what you think of what we are offering. Please direct any of your inquiries or suggestions to me and I will work to see that they are addressed. Until then, know that I remain,

Yours in His Service,

**Father Michael Bechard**

Chaplain and Director of Campus Ministry

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\*Front cover: carving from "The Chapel" at Windermere on the Mount, London ON

# Autumn Prayers

## Gathering Song (Refer to Music Suggestions)

### Opening Prayer

*Leader:* Loving Lord, your gifts of love are endless and your goodness infinite. On this Day of Thanksgiving, we come before you with gratitude for your kindness: open our hearts to care for others, so that we may share your gifts in loving service. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Let us listen attentively to the Word of the God.

### First Reading: Colossians 3.15-17

A reading from the letter from Paul to the Colossians.

Let the peace of Christ rule in your hearts...and be thankful. Let the word of Christ dwell in you richly; teach and instruct one another in all wisdom, and with thanksgiving in your hearts sing psalms, hymns and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

The Word of the Lord.

### Responsorial Psalm (Psalm 138)

*Response:* I thank you, Lord, with all my heart, you have heard the words of my mouth.

I thank you, Lord, with all my heart, you have heard the words of my mouth. In the presence of the angels I will bless you. I will adore before your holy temple.

*Response*

I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul.

*Response*

All the rulers on earth shall thank you when they hear the words of your mouth. They shall sing of the Lord's ways: "How great is the glory of the Lord."

*Response*

You stretch out your hand and save me, your hand will do all things for me Your love, O Lord, is eternal, discard not the work of your hands.

*Response*

## Gospel Reading: Luke 17. 11-19

A reading from the Gospel of Luke.

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, "Jesus, Master, have mercy on us!" When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus asked, "Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?" Then he said to him, "Get up and go on your way; your faith has made you well."

The Gospel of the Lord.

## Reflection (Prepared/Shared, Meditative Song or Silence)

### Prayer of the Faithful

*Leader:* Our God generously gives us all we need. Let us pray not only for our needs, but the needs of our brothers and sisters.

*Response:* Lord, hear our prayer

That we as followers of Christ always realize the many gifts God provides and faithfully give thanks and praise for them, we pray. That all peoples of the world share equally in the good things of this earth, we pray. That the poor and the sick, the hungry and homeless be granted a place at the table of God's abundance, we pray. That we here gathered may live fully the fellowship we have been given in Christ Jesus, we pray.

### Closing Prayer

God, you gave us your greatest gift by sending Jesus, who showed us the way to live in love, justice, and peace. Like the healed leper, help us to always be thankful for the blessings you have given to us. May we be always mindful of sharing what we have so that all people might know the love and kindness you give us in Christ. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

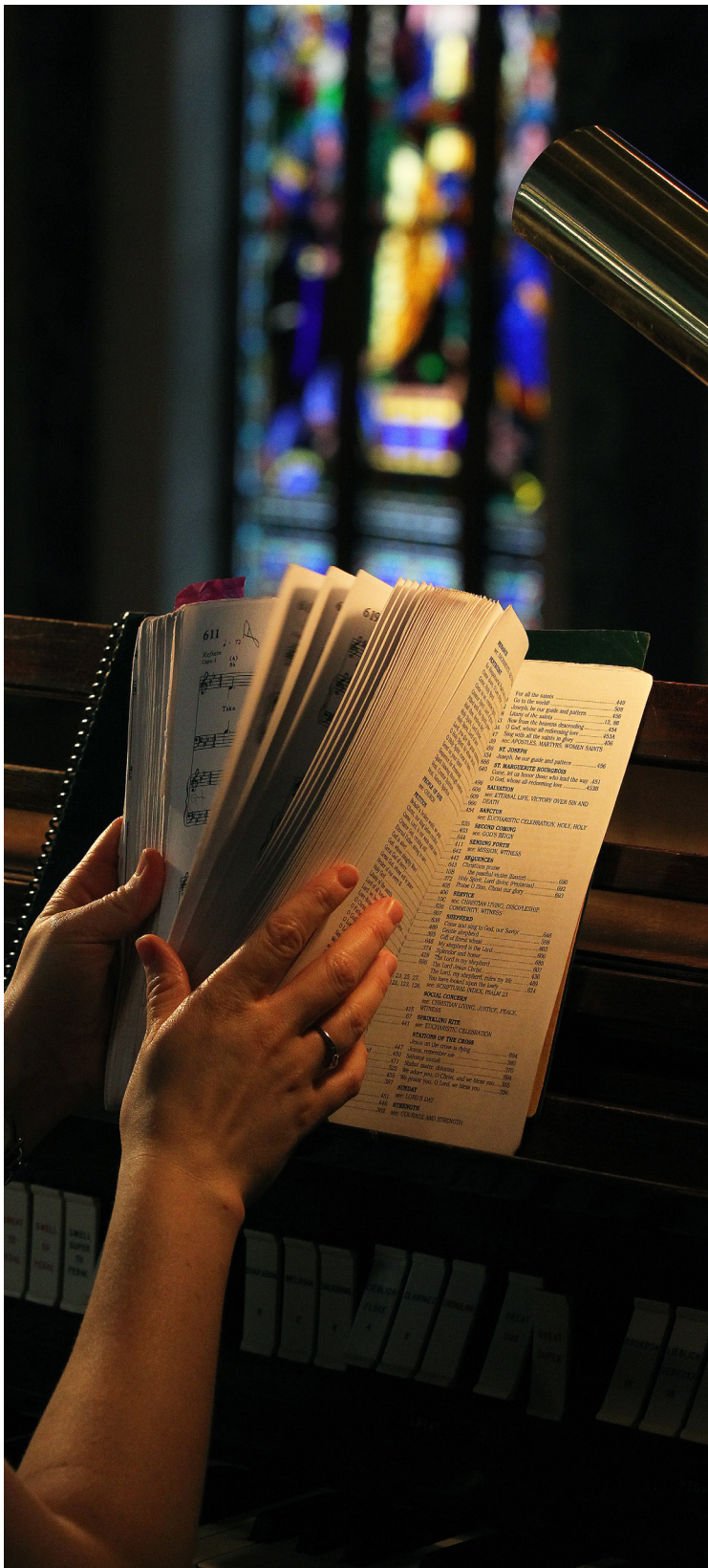
### Sign of Peace

*Leader:* Let us offer each other a sign of Christ's peace.

## Closing Song



# Liturgy Hymn Suggestions



**CBW = Catholic Book of Worship III (1994)**  
**CS = Celebrate in Song (2010)**  
**G = Gather Comprehensive, 2nd Edition (2004)**  
**GP = Glory & Praise (1984)**

## Gathering/Recessional Songs:

All my days – GP2  
 Alleluia, give thanks to the Risen Lord – CBW383, GC462  
 Father, we give you thanks – CBW528  
 For the beauty of the earth – CBW531  
 For the fruit of all creation – CBW532  
 Let all things now living – CBW534, GC551  
 Now thank we all our God – CBW535  
 Sing to the Mountains – GC452, GP48  
 Song of Thanksgiving (Ducote) – GP239  
 Song of Thanksgiving (Zsigray) – GP143  
 Table of the World – CS6.30

## Suggested Psalms:

34, 92, 107, 116, 118, 126, 138

## Preparation of the Gifts/Meditative Songs:

All who hunger – GC817  
 Confitemini Domino/Come and fill – GC550  
 For countless blessings – CS6.11  
 For you are my God – GP16  
 For your gracious blessing – CBW550  
 Holy is your name – GC83, CS6.23  
 In the Lord, I'll be ever thankful – GC546  
 Lift up your hearts – GC 543, GP214  
 Our blessing cup – GP129  
 The harvest of justice – GC716  
 We give you thanks – GC553  
 With joy you shall draw water – CBW237, GC81

Compiled by Janet Loo  
 Music Ministry Coordinator,  
 King's University College Campus Ministry

# Clickworthy Online Resources

## Anti-bullying

The following websites address anti-bullying resources, which are ever more relevant and necessary in light of recent tragedies of suicide in the Canadian media, attributed to both in-person bullying and cyberbullying:

***Bully B'Ware:***

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

A cooperative effort from Gesele Lajoie, Alyson McLellan and Cindi Seddon, three B.C. educators, the site offers tips and strategies, stories and materials about bullying that can be ordered. Workshops can also be arranged.

***Bullying.org:***

[www.bullying.org](http://www.bullying.org)

Canada's original bullying website. The site uses different media – writing, drawing, music film, poetry – to educate children about bullying. A finalist for the Stockholm Challenge Awards in 2001, it has been called one of the best web sites in the world for children.

## Youth Support

Youth often face considerable emotional and psychological challenges as they are developmentally working to understand themselves, the world around them, and searching for a sense of belonging. These challenges can be considerably compounded by experiences of mental health, family violence, abuse, and sexual assault. The following websites address these issues:

***Joyful Heart Foundation:***

[www.joyfulheartfoundation.org/](http://www.joyfulheartfoundation.org/)

This is a group that offers support and resources regarding several issues related to abuse, domestic violence and sexual assault. Joyful Heart works to empower “with knowledge, courage and compassion to help survivors of sexual assault, domestic violence and child abuse heal mind, body and spirit.”

***Mind Your Mind:***

[www.mindyourmind.ca/](http://www.mindyourmind.ca/)

A place for youth and emerging adults to access info, resources and tools during tough times.

## Mental Health

“In Canada, suicide accounts for 24 percent of all deaths among 15-24 year olds...Suicide is the second leading cause of death for Canadians between the ages of 10 and 24 (from OSPN website).” Rates of youth suicide warrant a strong presence of support. The following websites offer information, facts and resources to support those in crisis and those caring for persons in crisis.

***Ontario Association for Suicide Prevention:*** [www.ospn.ca/](http://www.ospn.ca/)

***Canadian Mental Health Association:*** [www.cmha.ca/](http://www.cmha.ca/)

***PFLAG Canada:*** [www.pflagcanada.ca](http://www.pflagcanada.ca)

# Autumn Activities

## Pay It Forward

Thanksgiving is a time that encourages reflection and compassion, when people come together with family and friends. We give thanks for the many blessings God has given us. It is a time to appreciate everything: our meals, our home, our friendships and our faith. It is also a time to remember the millions of people around the world who do not have adequate and how we can help.

Therefore, take Thanksgiving food drives up a notch. Challenge the students to bring in as many pounds of food as they can. If the school community reaches the goal the teachers and staff will participate in a fun activity. For example, some schools have been creative with their challenges such as having their principal stuck to the school wall with the use of duct tape. Alternatively, partner up with a local school, perhaps one your school already has a bit of friendly rivalry with, and see which school can raise the most for the local food bank. This type of healthy competition can also take place between classrooms or grade levels.



## Development and Peace

The National Canadian Development and Peace Organization has, for the first time, created a new youth activity card to assist schools in participating in their fall campaign, A 'Voice For Justice.' This provides social justice and ministry leaders with some engaging materials to spread the message of justice for all and how we can help make it a reality. To print or order materials check out:

[www.devp.org/en/education/fall2013/materials](http://www.devp.org/en/education/fall2013/materials)

## From the farm to the table, let us give thanks to the Lord

*(A child friendly activity)*

The harvest is here. Those who worked hard to plant and nurture gardens and field through the summer are rewarded. As crops are gathered, we give thanks to a loving God who has blessed us with so much.

Talk about what the word 'harvest' means with the children. Harvest is a time to gather what's been growing in the garden. It is a time of the year when most everything is ready to be picked and brought inside.

As children enjoy guessing games, take a walk outside and allow them to smell the outdoors. Maybe there is a community garden on site or a bunch of flowers beds or trees around the school yard. Ask them to take each other's hands, and close their eyes. Now, describe some fruits and vegetables and allow the children an opportunity to guess. If possible, provide the produce mentioned in the description, and once you reveal each one, say a prayer of thanks.

For example: "God has given us a vegetable that grows on a tall stalk. It's covered with green leaves on the outside that we pull off before we cook it. It has silky whiskers that we take off too. We eat the inside, which is yellow". Once the children guess, 'corn on the cob', have the children repeat this prayer of thanks: "Thank you, God Creator, for the corn."

October and harvest is an especially delightful time to use the 'Celebration Table.' Choose a cloth in harvest colors for this reflective space. In browns and golds, make a sign that says, 'Thank you, God the Creator, for the gifts from your earth' and hang this just above the table. After the walk in the garden, place the fruits and vegetables on this table, to be touched and smelled. You may even want to provide tastes at the table.

*Excerpts from – "The Big Book of Catholic Customs and Traditions for Children's Faith Formation"*



# Saints for the Season

**October 2** - The Feast of the Guardian Angels: the role of the guardian angels are to guide us to good thoughts, works and words, and to save us from evil. God has charged His angels with the ministry of watching and safeguarding all humankind. "No evil shall befall you, nor shall affliction come near your tent, for to His Angels, God has given command about you, that they guard you in all your ways. Upon their hands they will bear you up, lest you dash your foot against a stone." Psalm 91.10-12

**October 4** - St. Francis was born in Assisi about the year 1182. The son of wealthy parents, Francis enjoyed a rich and easy life. Growing up he became the leader of a crowd of young people who spent their nights in wild parties. Francis became a knight and joined the Fourth Crusade because he longed for the glory and prestige associated with being a soldier. One day into his travels Francis had a dream in which God told him he had it all wrong and told him to return home. Upon his return the townsfolk and his father ridiculed him for his seemingly cowardly ways. Francis went off to a lonely cave where he spent time in prayer. Not long after he encountered a leper, the sight of which repelled him. Nevertheless he jumped down from his horse and kissed the leper's hand. When the leper kissed him back Francis's heart was filled with joy. Denouncing his former life Francis began to preach the love of God. Much has been written about Francis' love of nature but his relationship was deeper than that. We call someone a lover of nature if they spend their free time in the woods or admire its beauty. But Francis really felt that nature, all God's creations, were part of his brotherhood. The sparrow was as much his brother as the Pope. Francis did not try to abolish poverty; he tried to make it holy.

## October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Memorial of St. Thérèse of the Child Jesus	2 Memorial of the Holy Guardian Angels	3 Memorial of St. Mother Theodore	4 Memorial of St. Francis of Assisi	5
6	7 Memorial of Our Lady of the Rosary	8	9	10	11	12
13	14 Memorial of St. Callistus	15 Memorial of St. Theresa of Jesus	16 Memorial of St. Marguerite d'Youville	17 Memorial of St. Ignatius of Antioch	18 Feast of St. Luke	19 Memorial of Sts. Isaac Jogues and John de Brebeuf
20	21	22	23 Memorial of St. John of Capistrano	24 Memorial of St. Anthony Claret	25	26
27	28 Feast of Sts. Simon and Jude	29	30	31		

## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Solemnity of All Saints	2 All Souls
3	4 Memorial of St. Charles Borromeo	5	6	7	8	9 Feast of the Dedication of the Lateran Basilica
10	11 Memorial of St. Martin of Tours	12 Memorial of St. Josaphat	13 Memorial of St. Frances Xavier Cabrini	14	15 Memorial of St. Albert the Great	16 Memorial of St. Margaret of Scotland
17	18 Dedication of Sts. Peter and Paul	19	20	21 Memorial of the Presentation of Mary	22 Memorial of St. Cecilia	23
24	25 Memorial of St. Catherine of Alexandria	26	27	28	29	30

**November 1** - Solemnity of All Saints: On this day the Church gives honour to all the saints – those whose names we know, and those whose names are known only to God. We remember all who lived the Beatitudes on earth, and who now enjoy the reward of faith in heaven. We remember them not because by doing so we can add to their glory; we remember them because we ourselves need reminding that the call to holiness is for everyone.

**November 2** - All Souls Day/Commemoration of the Faithful Departed: Today we recall all those who have died, and who are still on the journey to blessedness. This is the day when we remember in a special way our loved ones who have died, and when the reality that we ourselves must one day die is brought home to us – not in a frightening or intimidating way, but as a gentle, insistent reminder.

# Get connected. Make a difference.



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### Join us for King's Welcome Days

November 9, 2013 1:00 p.m. - 3:30 p.m.  
March 7, 2014 6:00 p.m. - 8:30 p.m.  
March 8, 2014 1:00 p.m. - 3:30 p.m.  
May 3, 2014 1:00 p.m. - 3:30 p.m.

## Religious Life Lecture Series Inspiration

Join us as we welcome scholars, artists and activists who offer enriching lectures about religious life in the 21st century



**October 3, 2013**  
*Rabbi Burton Visotzky*  
"From Cairo to Qatar, Oman and beyond: Recent developments in Jewish-Muslim interreligious engagement"

Free and open to the public

[www.kings.uwo.ca/campus-ministry/](http://www.kings.uwo.ca/campus-ministry/)  
for times and locations



**October 23, 2013**  
*Shelagh Rogers*  
"Hey, that's my story too"



**November 27, 2013**  
*Dr. Michael W. Higgins*  
"Merton and Nouwen: Architects of our spiritual wisdom"



### Campus Ministers

Reverend Michael Bechard  
Annette Donovan Panchaud  
Janet Loo  
Maija Wilson  
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