

King's University College

# Chaplains' Newsletter

## Graduation

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Transition to high school

Saints for the season



# Chaplain's message

Every once in a while, it is good to step back and to reflect on how we, as educators, have contributed to the mission of the Church in the work of evangelization.

In 1997, under the direction of Saint John Paul II, the Congregation for Clergy promulgated the General Directory for Catechesis. Though the document is geared specifically at catechists, it offers some challenging words to each and everyone of us who seeks to bring young people into deeper contact with Christ Jesus. Article 85 invites us to consider the following:

## The fundamental tasks of catechesis are:

### Promoting knowledge of the faith

Who has encountered Christ desires to know him as much as possible, as well as to know the plan of the Father which he revealed. Knowledge of the faith (*fides quae*) is required by adherence to the faith (*fides qua*). Even in the human order the love which one person has for another causes that person to wish to know the other all the more. Catechesis, must, therefore, lead to "the gradual grasping of the whole truth about the divine plan" by introducing the disciples of Jesus to a knowledge of Tradition and of Scripture, which is "the sublime science of Christ". By deepening knowledge of the faith, catechesis nourishes not only the life of faith but equips it to explain itself to the world. The meaning of the Creed, which is a compendium of Scripture and of the faith of the Church, is the realization of this task.

### Liturgical education

Christ is always present in his Church, especially in "liturgical celebrations". Communion with Jesus Christ leads to the celebration of his salvific presence in the sacraments, especially in the Eucharist. The Church ardently desires that all the Christian faithful be brought to that full, conscious and active participation which is required by the very nature of the liturgy and the dignity of the baptismal priesthood. For this reason, catechesis, along with promoting a knowledge of the meaning of the liturgy and the sacraments, must also educate the disciples of Jesus Christ "for prayer, for thanksgiving, for repentance, for praying with confidence, for community spirit, for understanding correctly the meaning of the creeds...", as all of this is necessary for a true liturgical life.

### Moral formation

Conversion to Jesus Christ implies walking in his footsteps. Catechesis must, therefore, transmit to the disciples the attitudes of the Master himself. The disciples thus undertake a journey of interior transformation, in which, by participating in the paschal mystery of the Lord, "they pass from the old man to the new man who has been made perfect in Christ". The Sermon on the Mount, in which Jesus takes up the Decalogue, and impresses upon it the spirit of the beatitudes, is an indispensable point of reference for the moral formation which is most necessary today. Evangelization which "involves the proclamation

and presentation of morality," displays all the force of its appeal where it offers not only the proclaimed word but the lived word too. This moral testimony, which is prepared for by catechesis, must always demonstrate the social consequences of the demands of the Gospel.

### Teaching to pray

Communion with Jesus Christ leads the disciples to assume the attitude of prayer and contemplation which the Master himself had. To learn to pray with Jesus is to pray with the same sentiments with which he turned to the Father: adoration, praise, thanksgiving, filial confidence, supplication and awe for his glory. All of these sentiments are reflected in the Our Father, the prayer that Jesus taught his disciples and is the model of all Christian prayer. The "handing on of the Our Father" is a summary of the entire Gospel and is therefore a true act of catechesis. When catechesis is permeated by a climate of prayer, the assimilation of the entire Christian life reaches its summit. This climate is especially necessary when the catechumen and those to be catechized are confronted with the more demanding aspects of the Gospel and when they feel weak or when they discover the mysterious action of God in their lives."

Over the last year, how have our words and actions been reflective of this instruction? Looking to next year, what might be done differently?

As another academic year comes to an end, we hope that the Chaplains' Newsletter has benefitted your good work in promoting Catholic education. As always, we welcome your feedback and guidance on what topics you would like us to address in the coming year.

For now, be assured of our prayers.

Yours in His Service,  
Michael Bechard (Rev.)  
Director of Campus Ministry

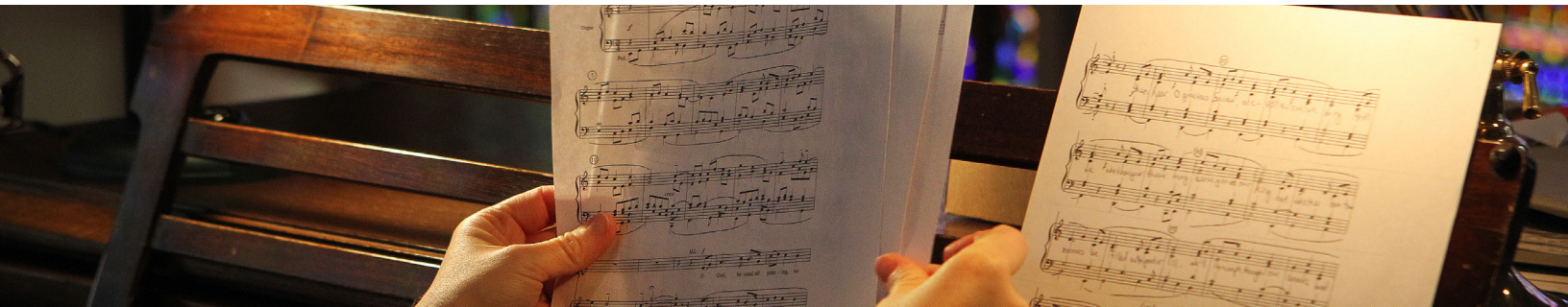
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# Music hymn suggestions for graduation

Compiled by Janet Loo, Music Ministry Coordinator



Graduation from high school represents a significant milestone in the lives of graduates, their families, friends, teachers and staff. While it marks the end of one phase of their lives, it also marks a time to begin anew, to look forward with hope to what lies ahead in their lives. This is a transitional time and along with the anticipation, excitement and sense of accomplishment comes uncertainty and anxiety.

Music for graduation liturgies is characterized by a sense of celebration and joy as befits the occasion. It is equally important, however, to select songs with texts that help reassure the students that they are not alone in their worries; that they are accompanied by the Lord who bears their burdens and comforts them on their journey. All they need is to simply take the first step of trust.



## Hymns

- Anthem – G 494, GP 83
- Be not afraid – CBW 481, G 430, GP 8
- Come & journey with a Saviour  
(Tune: Beach Spring) – CBW 476
- Eye has not seen – CBW482, G 450
- For you are my God – CBW 483, G GP 72
- God has chosen me – G 488
- Go make of all disciples – CS 6.28
- Here I am, Lord – CBW 520, G 492, GP 198
- Jubilate, servite – CBW 572, G 377
- Lift high the cross – CBW 435
- Lord, you give the great commission  
(Tune: Beach Spring) – CBW 691
- Make me a channel of your peace  
(Prayer of St. Francis) – G 524
- Send me, Jesus/Thuma Mina – G 484
- The servant song – G 476
- Sing a new song – CBW 563, G 384, GP
- The summons – G 510, CS 6.39
- Table of the world – CS 6.30
- Take, Lord, receive – GP 53
- We are called – G 518
- We are marching/Siyahamba – G 357
- We walk by faith – CBW 495, G 414
- You are near – CBW 487, G 428, GP 242

## Responsorial Psalms

- 16 (Keep me safe, O God, you are my hope.) – CBW 78, G 22
- 40 (Here am I, O Lord, to do your will.) – CBW 115, G 47
- 117 (Go out to all the world.) – CBW 138, G 100

CBW = Catholic Book of Worship III (1994)  
 CS = Celebrate in Song (2011)  
 G = Gather Comprehensive, 2nd Edition (2004)  
 GP = Glory & Praise (1984)

# Life transitions

By Melissa Page Nichols, Pastoral Counsellor

As we near the end of another school year, life transitions are in flux. For some this will mean graduation and transition to work, travel, or post-secondary education; for some it will mean a summer of fun with friends and family; and for others, it means summer employment. The end of the school year and the inevitable change that accompanies it may be eagerly anticipated or unwanted and even anxiety provoking.

Whatever position each student finds themselves in, every change in life brings joys and/or challenges. Amidst these joys and challenges, one common theme frequently emerges at times of change and transition; a shift of identity. For those students who are graduating, there may be a strong sense of direction around future hopes and dreams, but others may have a strong sense of uncertainty as to what the future holds and what direction to take. I have spoken with students who are very bright and have lots of potential to accomplish whatever they might endeavor to do, but they are inhibited by tremendous amounts of fear around determining and then deciding on the 'right' path for them to take at times of transition in life. It can be helpful to encourage these students to remember that they don't need to have their entire lives planned out; they just need to slow down enough to listen and see where God would have them right now in this moment and that if they seek God's wisdom to make decisions that are future related, they can be confident in knowing that God will reveal the path for them. God's word is a "lamp to my feet and a light to my path" (Psalm 119:105).

In such times of transition, it is important to be aware of the emotional uneasiness and even distress that can arise for students; sometimes manifested in what might look like self-sabotage through poor decision making, lack of time management and organization, or isolation. The unknowns that come with the ending of one stage and the beginning of a new one can be overwhelming. Talking to students about common responses to times of transition can help to normalize their experience, rather than leaving them to think that there's something wrong with how they're feeling. Here are some practical ways to encourage students through this transition:

1. Prayer; a vital spiritual practice that we often neglect, but hold the promise of connection and deepening relationship with the Divine.
2. Planning; setting reasonable goals to help keep on course from day to day, even if the future is unknown.
3. People; seeking out wise counsel from the people in our lives who we trust and admire.
4. Perspective; the practice of gratitude can be a great way to remember what really matters in life.
5. Perseverance; maintaining a hopeful mindset, even when things are difficult.

A resource for educators that can help in navigating the complex issues faced by teens as they transition from one year to the next in high school or when they come to graduate is <http://teenmentalhealth.org/>

It would also be worth discussing the experience of identity with students, as this is a key area of struggle in times of transition at any stage in life. The changes that happen in life can cause us to question who we are, how we make sense of things that happen, what's important to us, and where our worth and value come from. Perhaps have a conversation about what society's expectations are for young people and the struggles that youth face in trying to live up to these expectations. Encourage students to look for grounding and foundation in Biblical truths that tell us about our identity in Christ. Here are some verses that speak to our identity in Christ:

## Psalm 139:13-16

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

## Jeremiah 29:11

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

## 1 John 3:1

How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.

## 1 Corinthians 3:16

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

## 2 Corinthians 5:17-21

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.



# Preparing for Summer: *Travelling versus Pilgrimage*

By Annette Donovan Panchaud, Campus Minister

Summer is a time when people traditionally take holidays – an opportunity to get away, renew spirits and refresh souls. This summer, why not be intentional about refreshing your soul by taking a pilgrimage? Vatican II clearly states we are a pilgrim church, journeying towards God. Taking a physical pilgrimage may be a great way to reflect on our Catholic heritage and to connect that heritage to the way in which we live our faith now. There are a number of pilgrimage destinations in our country to which one can travel. Possible destinations can be found at:

- [www.experience-catholic-pilgrimages.com/pilgrimage-to-canada.html](http://www.experience-catholic-pilgrimages.com/pilgrimage-to-canada.html)
- <http://ignatiusguelph.ca/pilgrimage.html>
- [www.martyrs-shrine.com/index.php](http://www.martyrs-shrine.com/index.php)
- [www.saint-joseph.org/en/spiritual-activities/pilgrimages](http://www.saint-joseph.org/en/spiritual-activities/pilgrimages)

If getting away to go on pilgrimage is not possible, teens can still experience the benefits of pilgrimage at home. A downloadable prayer resource is available for youth at [www.smp.org/images/BookImages/CathYouthPrayerBk.pdf](http://www.smp.org/images/BookImages/CathYouthPrayerBk.pdf). This website offers prayers for specific situations as well as four weeks of daily prayers. Invite students to pray at the beginning and close of their day. This can encourage mindfulness and awareness of God's presence in their daily lives.

Another great way to reflect on the twists and turns of life without going anywhere is to pray with a labyrinth. This may be a useful tool to use with high school students before they graduate or leave for summer as they prepare for their ongoing journey. A diagram of a labyrinth including 'how-to' steps and reflection questions can be found at [www.churchofengland.org/media/42488/creativeideas.pdf](http://www.churchofengland.org/media/42488/creativeideas.pdf). Some chaplains have found it useful to paint a labyrinth directly onto a large canvas for ongoing use. This reflective and meditative process of walking can be an extremely rich way for teens to pray.

Many people connect with God's Spirit through nature. Encourage students to get outdoors, see the beauty of God's creation, or even participate in God's creativity by planting their own garden in a container. Take a small group or class outdoors to explore God's creation. Give each student a strip of fabric and, during their walk, invite them to tie or place a marker on something they see that speaks to them of God's presence. On the walk back to school students can share their reflection and reclaim their strip of fabric. Or have students reflect on verses of the bible that have to do with creation while they walk. For an easy way to identify verses having to do with creation, check out *The Green Bible* (NRSV). All passages having to do with creation are written in green ink. Write as many as you need on strips of paper and have students choose one randomly to guide their reflection.

Summer provides a wonderful opportunity to experience God's creative and renewing energy. It is a time when spirits can be regenerated by God's love. Take some time to journey with your students and experience God's profound love for us this summer.

## A Graduation Prayer:

"God, today is like any other. The sun rises. The winds blow. Rain falls. Rain does not fall. People are born. They laugh. They cry. They dance. They die. Today "chronos"<sup>1</sup> time is as it has been since You gave it beginning, and will be as it is until you bring things to an end.

Today is also fresh and new, and not like any other. Today is a "kairos"<sup>2</sup> moment of opportunity that has come and will pass. Today is a passage from one epoch to another. Today is a gift from you. Grant grace to see it and seize it.

Today is a graduation, a passage, a completion, an inauguration. Today we pray for all those who have met the challenge and kept the faith in their commitment to their studies. Now they have a new "kairos" before them. We first offer thanks for the success of their journey. We thank for you granting them focus and direction, strength and endurance. You created the knowledge they have mastered. You created the curiosity and capacity that led them in pursuit of understanding. All these good things came from you. Thank you.

Today we also pray for tomorrow. This graduation opens another door to another time. As you have led in the past, lead now into the future. Give these graduates focus and clarity and a calling from you to understand their purpose in life and to have the courage to respond and step toward that purpose. We pray in the words of scripture: "Bless them indeed. Expand their territory. Let your hand be with them. Keep them from evil, that they will not cause or experience pain."

In Jesus, we bless our graduates.

[www.beliefnet.com/columnists/prayerplainandsimple/2011/06/a-graduation-prayer.html#ixzz30ULxfAfq](http://www.beliefnet.com/columnists/prayerplainandsimple/2011/06/a-graduation-prayer.html#ixzz30ULxfAfq)

<sup>1</sup> *personification of time*

<sup>2</sup> *a decisive moment*

## Prayer at Graduation Time

Dear Jesus:

As I look back upon these last years of high school, it's hard to believe that graduation is finally here. When I was in my first year of high school I thought that this time would never come. It seemed so far away. Now I wish time would slow down a little and let me catch-up.

It seems that I have so much to do, in so little time. There are friends and family members that I want to spend more time with. I am trying to prepare myself for moving on, for making new friends and being in a new environment. While part of this is exciting, it is also scary. Letting go of what I know and what is familiar to me; my school, friends, family is hard.

Jesus, give me the courage I need to move and to begin a new adventure. Give me the confidence I need to reach out to new people, and to try new things. Help me to remember that even when I feel alone, You are with me. Remind me that my family is also there for me, supporting me as I continue the process of becoming an adult. Help me to reach out to them when I have questions or am unsure of what to do. Amen. (unknown source)

# The transition to high school

By Maija Wilson, Coordinator of Youth Programs

In one of Pope Francis' first homilies, he spoke of the notion of movement in three ways: 'journeying, building the church, and professing the faith,' all of which are important pieces for anyone, but especially for grade eight students as they enter into a new and exciting chapter of their lives.

Supporting students through this movement will give them the confidence they need during this important transition. There are various information sessions and transition activities offered by each of the Catholic high schools in Ontario. In the hope of providing students with a quality Catholic education, one can reference the Ontario Catholic Graduate Expectations. As you are aware, these expectations define what students are expected to know, do and value when they graduate from our Catholic schools. A graduate is expected to be:

- A discerning believer
- A reflection, reflective and holistic thinker
- A collaborative contributor
- A responsible citizen
- An effective communicator
- A self-directed, responsible lifelong learner
- A caring family member

[www.huronperthcatholic.ca/Students/OntarioCatholicGraduateExpectations.aspx](http://www.huronperthcatholic.ca/Students/OntarioCatholicGraduateExpectations.aspx)

As the Grade 8 students reflect on their final year of elementary school, here are some guidelines to review with them as they prepare for their first year of high school.

- Get involved. There are several clubs, sports teams, and other extra-curricular activities that they could invest their time in a positive way.
- Don't be afraid to make new friends-there are a lot of really nice people out there.
- When you are not sure about something ask! Your teachers are happy to help you.
- Incorporate prayer in your day. Daily journaling or spending some quiet time in the high school chapel are among the many ways you can do this.
- Be yourself. Be confident. Remember, you are not alone in this journey.

Summer is a perfect opportunity for the students and their families to take advantage of preparing for a successful first year in high school.

Here is a great resource to assist them in getting started:

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

## Saints of the Season

### May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Memorial of St. Joseph the Worker	2 Memorial of St. Athanasius	3 Feast of St. Philip and St. James
4	5	6 Memorial of St. François de Laval	7	8 Memorial of Blessed Catherine of St. Augustine	9	10 Memorial of St. Damien of Molokai
11 Mother's Day	12	13 Memorial of Our Lady of Fatima	14 Feast of St. Matthias	15	16	17
18	19 Victoria Day	20	21 Memorial of St. Eugene de Mazenod	22	23	24 Memorial of Blessed Louis-Zéphirin Moreau
25	26	27	28	29	30	31 Feast of the Visitation of the Blessed Virgin Mary

### June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Ascension of the Lord	2	3 Memorial of St. Charles Lwanga and Companions	4	5 Memorial of St. Boniface	6 Memorial of St. Athanasius	7 Feast of St. Philip and St. James
8 Pentecost Sunday	9	10	11 Memorial of St. Barnabas	12	13 Memorial of St. Anthony of Padua	14 Memorial of St. Damien of Molokai
15 Trinity Sunday Father's Day	16	17	18	19	20	21 Memorial of St. Aloysius Gonzaga
22 Solemnity of the Body and Blood of Christ	23	24 Solemnity of the Nativity of St. John the Baptist	25	26	27 Solemnity of the Sacred Heart of Jesus	28 Memorial of the Immaculate Heart of the Blessed Virgin Mary
29 Solemnity of Sts. Peter and Paul	30					

# Blessing upon the new school year

*Gather some symbols of summer - a swimming certificate, a tennis ball, a jar of preserves, a map of a summer trip. Place these on a table with symbols of school - textbooks, lunch boxes, ruler, pencils.*

## - CALL TO WORSHIP -

Leader: Summer has been a time for new adventures, for relaxing recreation and for informal learning. As we share what we have gained from this summer, let us remember that God our Father has given us minds and hearts to grow so that we can become fuller persons and thus more like his Son Jesus.

*At this point, encourage some participants to share a symbol of the summer and describe what he or she learned about themselves and life from the activity connected with the symbol.*

Leader: Thanksgiving is the most important attitude we can have toward God. We call Jesus' gift of himself to us, Eucharist, which means thanksgiving or, perhaps better, thanks-living. Let us remember the happenings of our summer and thank our Father for them, as we respond:

**All: Thank you, God!**

Leader: For friends we visited or who visited us, sharing their life with us, we say...  
For vacations and gardens, for ball games and bike riding, for swimming and suntans, we say...  
For the sun and wind and rain, for lakes and mountains and prairies, for grass and flowers and trees and blue skies, we say...

*Add other "Thank you's," if desired.*

Leader: God of all goodness, we bring before you the joys of summer. We remember that all life comes from you and that we share your life in learning and loving your creation. Thank you for the gift of life in your Son. May the coming months bring us closer to you, through Jesus, our brother and Lord.

**All: Amen.**

## - WORD SERVICE -

Leader: The informal learning we shared this summer becomes more formal when school begins. Each year brings the opportunity to grow and to become richer in knowledge through new classes, teachers, books, and experiences. Each new school year permits us to make important choices about how we use or abuse time in class and in life. We can decide how to use the next nine months for growth or for waste. Listen to a reading which prompts us to seek wisdom.

Reader: Proverbs 8:32-36

*Discussion may follow, depending on the age of the children.*

Leader: Let us spend a few moments in silent reflection. What do we hope to gain from the coming school year? Let us also prepare to share our prayer for the coming school year.

*Allow time for silent reflection and preparation for prayer.*

## - INTERCESSIONS -

Leader: We bring our hopes and fears about school before you, Father, knowing that you want only our growth as persons beloved by your Son Jesus.

*Participants may share their prayers for the year.*

Leader: Dear God, we know that your strength will be with us in the coming months. We want to make them months of growth and learning, but we sometimes get lazy and do not make the necessary effort. When this happens, remind us that with your love we can do all things. With your grace, tasks and assignments which seem to be almost impossible become possible and joyful. We know that you will be with us, through your Son Jesus.

**All: Amen.**

## - BLESSING PRAYER -

Leader: May the Lord walk behind you and before you. May his strength be a light to you this year, and may he bless you through Jesus!

Person: Amen!

(Simons, Thomas G. *Blessings for God's People*. Notre Dame: Ave Marie Press, 1995.)



## Veritas Series For Faith and Culture

In honour of the 60th Anniversary of the founding of King's University College, the Religious Life Lecture Series assumes the new name the Veritas Series for Faith and Culture. The word "veritas" comes from the Latin word meaning "truth."

It is taken directly from the College moto "Christus est Via, Veritas et Vita."  
(Christ is the Way, the Truth and the Life.)

Through the Veritas series, King's endeavors to foster learning and dialogue by gathering scholars, artists and activists who support and challenge us in living lives of faith and justice in the 21st Century.

In particular, this year's series invites us to consider how we speak to God and about faith across various media and in a pluralistic context.

**Reverend Donald Cozzens, PhD** – September 24, 2014

**Kathleen Norris** – October 2, 2014

**Joey Weisenberg** – November 6, 2014

**Reverend Jan Michael Joncas** – November 20, 2014

**Dr. Ingrid Mattson** – January 22, 2015

**Jonathan Pageau** – February 5, 2015

**Reverend Daniel Horan, OFM** – March 27, 2015

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