

King's University College

# Chaplains' Newsletter

## Lent / Easter

Self care

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Online Resources

Activities & Prayers

Saints for the Season

# Chaplain's Message

One of the most commonly used words to describe what we do on Sundays is the word "Mass." What many people do not know is that the word comes from Latin, "Ite missa est," meaning, "leave, it is finished."

Though we may have forgotten this little piece of information, it is one of great importance in the life of our community. Here, we are reminded that our celebration around the Table of the Word and The Table of the Eucharist, sends us into the world where we like Christ are to be willing to lay down our lives for others. Much in the same way that we receive Christ at the altar, we too are to become bread for the hungry and a fountain of living water for those who thirst.

This personal transformation is also something which we experience communally.

Three years before becoming Pope, then Cardinal Ratzinger, spoke to the Bishop' Conference of the Region of Campania, Italy with the following words:

"It is truly the one, identical Lord, whom we receive in the Eucharist, or better, the Lord who receives us and assumes us into himself. St. Augustine expressed this in a short passage he perceived as a sort of vision: eat the bread of the strong; you will not transform me into yourself, but I will transform you into me....We all "eat" the same person, not only the same thing; we are in this way taken out of our closed individual persons and place inside another, greater one. We are assimilated into Christ and so by means of communion with Christ, united among ourselves, rendered the same, one sole thing in him, members of one another." (Sunday, June 2, 2002)

In sharing One Bread and One Cup, in hearing One Story, His and ours, how can we not open up our hearts to the needs and concerns of all?

While a radical equality comes to us in baptism and is strengthened at the Eucharist, the Eucharist invites us in a very particular way to remember, reflect upon and embody the mystery we celebrate. John Chrysostum, Bishop of Constantinople, reminded his community some 1500 years ago, that while it may be entirely appropriate to adorn our altars with precious metals and jewels, if we do so at the neglect of our brothers and our sisters and if we forget the poor and needy then our celebration has born no fruits within us.

In the Eucharist, we encounter Christ in the presence of each other, in the presence of the church's minister, in the Word proclaimed and in the Eucharist consumed. This teaching is attested to in the Constitution on the Sacred

Liturgy (Vatican II) and in Pope Paul VI's encyclical on the Eucharist, The Mystery of Faith.

Early in January I enjoyed a lively discussion with one of my students who joins the community at King's daily for the Eucharist but did not make it to mass over the Christmas holidays. It reminded me that for many of our students and for many of our educators, their primary connection with the Church is through our schools's gatherings in prayer.

A challenge to take up during this second half of the academic year is to give some critical thought to how your community is celebrating the sacraments with faith and fervour. As a staff, you may wish to ask:

Have we taken time to reflect on what this means and how we are being challenged to make these gatherings transformative for all those who are participants? What sort of time and energy are we committing to make our classrooms genuine "schools of prayer?" Are we putting as much energy and resources into creating disciples as we are in creating top athletes and scholars? How does our celebration of the mysteries of faith call us beyond ourselves?

If our celebrations are lacking, what immediate adjustments can be made? What adjustments will require some time and resources?

If your community, like ours, falls short of this goal, we pray for the courage to push forward in hope.

May your Lent and Easter be a time of rich blessings.

Yours in His Service,  
Michael Bechard (Rev.)

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# Chaplain's Prayer

## O Mother of the Redeemer

To you who received the message on an angel  
And carried this Word in your heart,  
We greet you.

To you who asked your Son to transform  
water into wine  
Ushering in His Kingdom,  
We seek your guidance.

To you who embraced the Body of Christ  
As He was taken down from the cross,  
We stand with you.

To you who received the gift of the Spirit  
And went forth proclaiming the joy of the  
resurrection  
We listen to you.

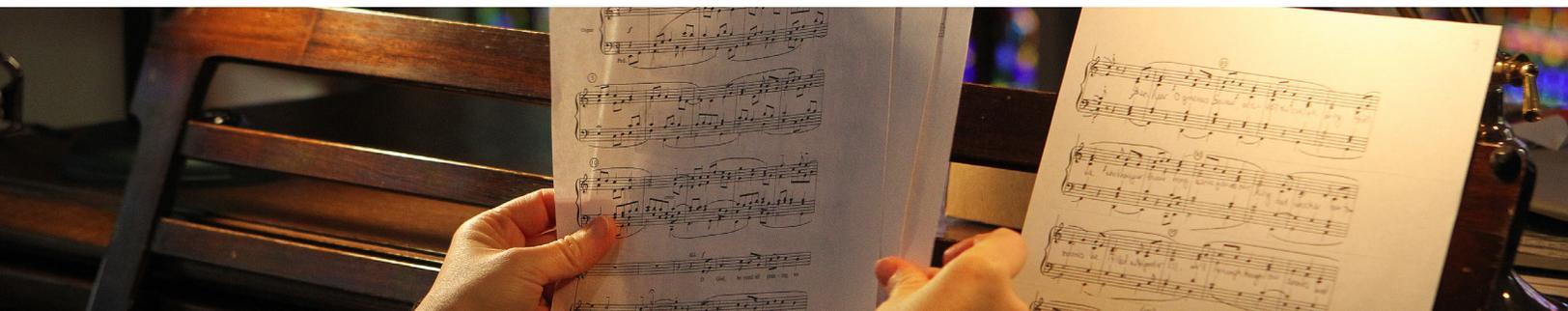
Our Sister and our Mother,  
We turn to you.  
May your prayers conform us to the  
likeness of your son,  
And on account of His sacred humanity,  
nurture us as your children.

Intercede with us,  
O Mother of the Redeemer.



# Liturgy Hymn Suggestions

Compiled by Janet Loo, Music Ministry Coordinator



## Hymns for the Season of Lent

To aid in your selection of music, reflect on some of the words found in the Scripture readings of Lent: return, mercy, reconciliation, fasting, prayer, giving, covenant, test, light, mercy, kindness. The music of the season should express a penitential stance, while at the same time giving voice to our hope and confidence in the God whose will is always to save, redeem, and reconcile. The music should reflect the simplicity of the season. In this light, you may want to consider using simpler settings of the Mass and employing minimal to no instrumental accompaniment. This could be a good time for your school community to experience unaccompanied singing.

### Gathering/Recessional Songs:

Again We Keep This Solemn Fast – CBW 352  
 All That We Have – GP 82  
 Come and Journey With a Savior – CBW 476  
 Glory and Praise to Our God – G 380, GP 17  
 Lead Me, Guide Me – G 400  
 Led by the Spirit – CS 6.18  
 Lift High the Cross – CBW 435  
 May We Praise You – G 392, GP 220  
 O Lord, Throughout These Forty Days – CBW 367  
 Tree of Life – CBW 373, G 288

### Suggested Seasonal Responsorial Psalms:

51 (Be Merciful, O Lord.) – CBW 41, CBW 44, G 53  
 91 (Be With Me.) – CBW 42, CBW 46, G 79  
 130 (With the Lord There is Mercy) – CBW 56, G 113

### Preparation of the Gifts/Meditative Songs:

Ashes – G 643, GP 84  
 Deep Within – G 290  
 Dust and Ashes – G 280  
 Hosea – G 282, GP 262  
 Jesus, Remember Me – CBW 380, G 293  
 Jesus, the Lord – CBW 432, G 304, GP 210  
 Only This I Want – CBW 516, G 499, GP 224  
 Remember Your Love – G 641, GP 134  
 Return to God – G 283  
 Seek the Lord – GP 46  
 Take, Lord, Receive – GP 53  
 This Season Call Us – CS 6.19  
 With Our God – CBW 374, G 113

## Hymns for the Season of Easter

The music of the Easter season should reflect the images and words by which the people of God have celebrated light's victory over darkness, love's victory over hate, life's triumph over the grave, and spring's victory over winter. The fasting period of Lent is over. The celebration of salvation through the paschal mystery continues for 50 days and ends with the celebration of the gift of the Holy Spirit at Pentecost. The music for this season should be imbued with a festive spirit.

### Gathering/Recessional Songs:

All Shall Be Well – GP 6  
 All the Ends of the Earth – CBW 548  
 Alleluia, Give Thanks to the Risen Lord – CBW 383, G 317  
 Alleluia, the Paschal Lamb – GP 10  
 Easter Alleluia – G 307  
 Jesus Christ the Risen Today – CBW 389  
 Join in the Dance – CS 6.21  
 Jubilate, Servite – CBW 572  
 Let Heaven Rejoice – CBW 557, GP 115  
 O Sons and Daughters – CBW 404  
 Sing a New Song – CBW 563, G 384, GP 193  
 Sing to the Mountains – G 313, GP 196  
 Sing with All the Saints in Glory – CBW 406

### Suggested Seasonal Responsorial Psalms:

Ps. 118 (This is the Day) – CBW 90, CBW 91, CBW 92, G 101, G 102, GP 8  
 Ps. 66 (Let All the Earth) – CBW 103, G 61

### Preparation of the Gifts/Meditative Songs:

Alive in Christ Jesus – G 573  
 Christ is Risen! Shout Hosanna! – G 311  
 The Hand of the Lord Feeds Us (Easter verses) – CS 6.3  
 I am the Bread of Life – G 597  
 Now the Green Blade Rises – CBW 403  
 Something Which is Known – CBW 393  
 Surrexit Christus – G 314  
 We Have Been Yold – G 501

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

# Self-care

By Melissa Page Nichols, Pastoral Counsellor

## Prayer, Giving and Fasting

Lent reminds us of the themes of prayer, giving and fasting. Perhaps the concept of fasting or the idea of giving, to the point of making a sacrifice or experiencing suffering, seem far removed from the lived experiences of today's youth. It appears that our North American culture has become distanced from the idea of the interconnectedness of human beings. On the heels of the Week of Prayer for Christian Unity, it seems fitting to emphasize unity among young people, not only as a body of Christians worldwide, but for all of humanity and indeed, for all of creation. Our modern global community promotes a superficial connection through various forms of social media. In response to this, is there a way to encourage connection and solidarity from a Christian faith perspective within our own classrooms and schools and in this way promote solidarity with the wider world? Father Gustavo Gutierrez says it well: "So you say you love the poor? Name them."

As educators, there is a powerful opportunity and responsibility to remind students that Lent is not only about giving something up as a symbol of sacrifice, but that it is also about taking on something new in one's life. Perhaps striving to be more aware of social issues that exist in one's own community and in the global community; to be more compassionate towards others who are different from oneself; to be more patient with friends; to be more active in social justice causes for those who are oppressed and marginalized; or to be kind with parents and siblings.

Discuss ways to be mindful of our interconnectedness as human beings:

1. Talk with students about the 'Ubuntu' principle from the African language, Bantu, that roughly translates: "I am because we are" (<http://www.tutufoundationuk.org>)
2. Talk with students to bring awareness of social justice issues that are happening within their own schools; that children going without food or safe shelter doesn't only happen 'over in Africa', but even within their own peer groups. Talk about what can be done to support these students, without centering out the students in need or sharing confidential information.
3. Talk with students about being good stewards of the earth, no matter how small a part one person might play.

## Lenten Prayer and Reflection

Following the Christmas holiday season, a time of celebration in the church, but also often a time of sadness, hurt and difficult family dynamics, it is important to be cognizant of the continued emotional challenges that students may be facing during the cold, dark winter season. It's also a time of year that can be challenging as educators; a time that is difficult perhaps in our own lives, a time when New Year's resolutions are likely to have failed

or been forgotten, and a time when we may be trying to energize and invigorate learning for students when they may seem disengaged and unresponsive.

Once the symbols of Christmas are neatly packed away; the manger scene, the advent calendar, the Christmas tree and decorations, we have the opportunity to encourage a coming back to the theme of joy and peace through the Lenten cycle of prayer. Prayer can be a vehicle through which we encourage self-reflection, a time to pause in the midst of the business of life, a time to meditate on the message of hope through the birth and life of Christ. Prayer offers connection or even reconnection with God at a time of year when some may feel distant from God.

Discuss with students ways to be reflective and prayerful:

1. Aids to prayer can be helpful:

a. <https://loyolapress.com>; "Living Lent Daily" with daily devotional readings for Lent; articles on Lent; "Enter into a visual prayer experience this Lent with Arts & Faith: Lent. Each week we'll provide a video commentary about a work of art inspired by the Sunday Scriptures. Use these videos to take a new look at this season of spiritual renewal through the lens of sacred art... Teachers and catechists: Use these videos and related activity suggestions in your faith formation classes this Lent, Triduum, and Easter."

b. "Prayers For The Classroom": Philip A. Verhalen, Editor

2. Catholic Youth Work – a resource website for educators: [www.catholicyouthwork.com/](http://www.catholicyouthwork.com/)

Consider your own ways to be reflective and prayerful:

1. Aids to prayer: <https://loyolapress.com>

2. Setting aside time for self-care. We frequently hear the term 'self-care', but we are often the last to get scheduled into our busy calendars. Perhaps take up the challenge to make time for yourself – even half an hour to journal, meditate, listen to relaxing music (YouTube has numerous selections of soothing music) or simply sit in stillness while deep breathing.



# Lent and Easter Resources

By Annette Donovan Panchaud, Campus Minister

Lent has long been associated with prayer, fasting and almsgiving which has frequently translated to giving to others. In the Catholic Church in Canada this has led to the Share Lent campaign. This year Pope Francis launched the Caritas Internationalis' anti-hunger campaign: 'One Human Family, Food For All.' ([www.youtube.com/watch?v=MvC-k1ai71Q](http://www.youtube.com/watch?v=MvC-k1ai71Q)) Pope Francis looks to the model Jesus provided in the feeding of the multitudes. With a few loaves and fishes, thousands were fed, and the excess was gathered in baskets so it would not go to waste. Pope Francis challenges us to follow this example today.

The Canadian Catholic National Organization Development and Peace is the Canadian arm of Caritas. They have created a number of resources to accompany this theme 'One Human Family, Food For All' and connect it to their annual Share Lent Campaign. These resources include a magazine highlighting the struggles faced by individuals and communities around the globe and the way in which smaller organizations that partner with Development and Peace are helping to meet the needs of their local communities. These resources also include the annual 'Think Fast' materials that offer engaging activities to help participants understand the issues of food sovereignty and the way in which we in North America have an impact on people in the Global South based on the choices we make every day. If we choose local, sustainable or fair trade food, we support local sustainable food sources both in North America and the Global South rather than contributing to multinational profits.

Of particular interest in this package of materials is the new 'Share Lent For Kids' materials that are available for the first time. There is a pamphlet that includes prayers for each week which will encourage both curious students and teachers to explore world food sources and the issue of hunger more deeply. Other resources include brief comic strips introducing topics of hunger in Peru, Syria, Ethiopia and the Philippines as well as a quiz about hunger that can be used by all ages. Take the quiz yourself. You may be surprised by what you do not know about world hunger. Materials can be ordered on line or, for immediate access, they can be downloaded at [www.devp.org/en/sharelent2014/materials](http://www.devp.org/en/sharelent2014/materials).

Following the Lenten season we celebrate the Resurrection of Christ, known as the Easter season, and Pentecost.

For a fun, simple but engaging explanation of this Church season, see *Pentecost in 2 Minutes* by Busted Halo at [www.youtube.com/watch?v=J5tr4pqWlo4](http://www.youtube.com/watch?v=J5tr4pqWlo4). This clip is a great introduction to begin a conversation with your students about the gifts of the Holy Spirit that have been manifest in their lives, or a reflection on gifts they hope will be manifest in their lives. This video clip also connects to the question of how we live as disciples in the world. As a starting point, one can look at specific people in the New Testament (Peter, Paul, John, Mary Magdalene, Mary Mother of God, the Samaritan Woman to name a few) and see how they were disciples. Ask students what traits the Biblical people exemplified. Some responses may include listening to Jesus, following Jesus, openness to Jesus' message and a desire to deepen their understanding of that message. Others may also include a concern for others, a desire to spread Jesus' message, and serving others. Students come up with people in our modern times that are disciples of Christ. Dorothy Day, Jean Vanier and Mother Theresa may be a few names that come to mind but students may have other ideas. Discuss how these people act or acted as disciples of Christ. Next, have students identify people in their own community who are disciples of Christ and the gifts of the Spirit they exemplify. In this way students can be further challenged in their lives and situations to call upon the Spirit to assist them as they continue their own journey with God.

Each of our Church seasons draw us into a deeper understanding of the mystery of the life of God and the Church. In turn this calls us to be more attentive to the way we interact with the word so that we might be greater witness' to the Kingdom of God.



# Food, Fun, Friends and Faith

By Maija Wilson, Coordinator of Youth Programs

Lent is a time when the Spirit leads us all into a desert-like place to reflect on our lives and repent of our sins.” A perfect opportunity to transition students into this prayerful time is by giving them a taste of both a great feast as well as a prayerful contemplative experience. The following is an event that can done with students to pair these two elements.

The first part of the event is filled with food, fun, friends and faith and takes approximately two hours to do. It begins with a festive Mardi Gras celebration with favourite foods and games, for example veggies, chips and dip, cheese and crackers, brownies and cookies, root-beer floats, etc. Games may include relay races and team challenges.

During the second part of the event, there is a shift from ‘feasting’ to ‘fasting’. It is a time for us to celebrate in a different way. It is a celebration of our faith lives. At this time, create a prayerful space that exemplifies this season in the liturgical calendar: the purple cloth, the crucifix, and Bible. Discuss with students their experience during the first hour and have them reflect upon the meaning of what Lent is about. For example, make a ‘Lent is’ poster and write statements like: “Lent is a season for...making time and space to remember what it means to be Christian, by remembering the life, death and resurrection of Jesus in a special way”. Another activity you could utilize during this prayerful time is a written reflection or personal offering with a focus on the following four areas of the students’ lives in which four areas of the students’ lives: home, school, church and wider community. Then students write down what they hope to do this Lent using one of the suggested

areas and together, conclude with a prayer that will support their intentions during Lent.

By having students participate, they will celebrate Mardi Gras together and experience transition from a great feast to fasting in preparation of our Lord’s life, death and resurrection. In addition, they will be able to identify ways to make Lent a meaningful season and support their classmates along their journey as well.

**Adapted by ‘Faith Ways - Lent’ from Centre of Ministry Development**

## Easter

While Lent is a serious time of reflection, it is also a season that leads to new life and Baptisms at the Easter Vigil. Here are a couple of examples of craft ideas you may consider for engagement of the younger students. During Easter, have the students create a victory or resurrection cross. The cross is our central Christian symbol of our Catholic Church Tradition.

You might also want to have students form their own rosary using materials such as beads or clay. After completing the craft consider using the glorious mysteries of the Rosary, which focus on all the events of the Easter Season, as part of a class discussion. Then together, pray these decades during class. It can help students reflect on each of the decades individually.

To find more ideas, view ‘Celebrating the Lectionary: Supplemental Lectionary-Based Resource’ from Liturgy Training Publications.

# Saints of the Season

## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Eighth Sunday in Ordinary Time	3	4	5 Ash Wednesday	6	7 Memorial of Sts. Perpetua and Felicity	8
9 First Sunday of Lent	10	11	12	13	14 Memorial of St. Stanislaus	15
16 Second Sunday of Lent	17 Memorial of St. Patrick	18	19 Solemnity of St. Joseph	20	21	22
23 Third Sunday of Lent	24	25 Solemnity of the Annunciation	26	27	28	29
30 Fourth Sunday of Lent	31					

## April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Fifth Sunday of Lent	7	8	9	10	11 Memorial of St. Stanislaus	12
13 Passion Sunday	14	15	16	17 Holy Thursday	18 Good Friday	19 Holy Saturday
20 Easter Sunday	21	22	23	24	25	26
27 Second Sunday of Easter	28	29 Memorial of St. Catherine of Siena	30 Memorial of Blessed Marie de l’Incarnation	31		

## Office of Campus Ministry

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## Chaplain

Reverend Michael Bechard  
**Campus Ministers**  
 Annette Donovan Panchaud  
 Janet Loo  
 Melissa Page Nichols  
 Maija Wilson

## 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 motto "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.

## Religious Life Lecture Series



### "Food, Justice, and the Integrity of Creation"

Margaret Pfeil, Assistant Professor of Theology,  
 University of Notre Dame, Indiana

Thursday, March 6, 2014, 7:30 p.m.



### "Hildegard of Bingen and the Living Light"

Linn Maxwell, Mezzo Soprano  
 Grand Rapids, Michigan

Thursday, March 27, 2014, 7:30 p.m.

Peter and Joanne Kenny Theatre, Darryl J. King Student Life Centre • Free admission & parking  
 Free will donations to support the London Crisis Pregnancy Centre & the Hospitality Centre

## KING'S Welcome Days!



Friday, March 7  
 6 p.m. - 8:30 p.m.

Saturday, March 8  
 1 p.m. - 3:30 p.m.

Saturday, May 3  
 1 p.m. - 3:30 p.m.

- Western University degree
- Small classes
- Award-winning faculty
- Big community



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## King's Chamber Choir Concert

April 5, 2014 at 7:30 p.m.

Joanne and Peter Kenny Theatre,  
 Darryl J. King Student Life Centre

