



King's University College

# Chaplains' Newsletter

## Advent / Christmas

Chaplain's Message  
Coping with Difficulties  
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Religious Life Lecture Series

## “Behold, I am making all things new.” (Revelation 21:5)

It is hard to believe that less than a year ago, Pope Benedict announced his intention to step away from his role as Bishop of Rome and successor to St. Peter. It is the first time in hundreds of years that a pope had “abdicated” and many were left stunned and confused by his decision. Those of us interested – immersed – in Church affairs, had no idea what the next months would hold in store.

I had the opportunity to be in Rome with CTV when the 76 year old, Argentinean Jorge Mario Bergoglio was elected to be his successor.

I stood on the roof top of the Generalate of the Augustinian Fathers when the announcement was made. There was an energy floating up from St. Peter's Square that was indescribable. From what little I knew of “Francis,” it was clear that there was going to be something different about this pontificate.

As he stood on the balcony asking for the prayers of those gathered, stories quickly emerged that while a cardinal, Bergoglio lived a life of radical simplicity, avoiding all the trappings that could easily seduce someone in his office. From riding local transit to his personal accommodations, to celebrating mass for and amongst the poorest of the poor, he invited his diocese to embrace the radical call of the gospel.

From interviews on airplanes, to one-liners provided to the media, to stinging rebukes to careerists, Gnostics and Pelagians, Pope Francis continues to call us back to a personal encounter with the Risen Lord and the Reign which he heralded.

What he says is not new. The manner in which he says it bespeaks of God's bounty and mercy is new.

Writers, commentators and bloggers all speak of the “Francis Effect.” Though only loosely defined, it seems that the words and ministry of Pope Francis have people reconsidering Catholicism and the basic tenets of the faith.

Advent calls us to prepare – to anticipate.

While we have yet to see what the reforms that have been put into motion will mean for the Catholic Church, Francis' witness can be used as a means of igniting the spark of faith in our school communities. Whether the Pope is introduced as a gentle grandfather to the youngest, a social reformer to the youth or as a contemplative to those who long for a connection with the Divine, what he has said and what he has done provides us something new.

At some point along my own walk with the Lord, I was told that the job of a good preacher is to “comfort the afflicted” and “afflict the comfortable.” For preachers like Pope Francis, we can all give thanks.

Again, in this addition of the Chaplains' Newsletter the members of the Campus Ministry team have offered a variety of thoughts and resources for you and your work. We welcome suggestions for topics and other materials which you might find to be of assistance.

Yours in His Service,

**Michael Bechard (Rev.)**

Chaplain, Christ the King University Parish

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# Coping with difficulties during the holidays

**By Melissa Page-Nichols**

“We are told that Christmas, for Christians, should be the happiest time of year, an opportunity to be joyful and grateful with family, friends and colleagues.

Yet, according to the National Institute of Health, Christmas is the time of year that people experience a high incidence of depression. Hospitals and police forces report high incidences of suicide and attempted suicide. Psychiatrists, psychologists and other mental health professionals report a significant increase in patients complaining about depression.”

**[www.psychologytoday.com/blog/wired-success/201011/why-people-get-depressed-christmas](http://www.psychologytoday.com/blog/wired-success/201011/why-people-get-depressed-christmas)**

Why is this the case?

For many, maybe even ourselves, the Christmas holiday season is a difficult time.

Some of the reasons may be:

1. Grief over the loss of a loved one.
2. Sometimes people do not have a strong, loving relationship with immediate family members and find it hard to connect with the ideas of love and generosity.
3. Expectations of perfection.
4. Financial stress with the ever present pressure of consumerism during the holiday season.
5. Trauma that has been inflicted by a family member, that can be make attending holiday gatherings very uncomfortable when the family member is present.
6. A crisis of faith and feeling distant from God amidst the commercialization of Christmas in North American culture.

There are ways in which we can support the colleagues, students, family and friends in our lives:

1. Validate their experience and their feelings; we all need to feel heard and accepted.
2. Listen and listen well; we don't need to 'fix' things for people.
3. Offer your time, especially for those feeling isolated during the holidays.
4. In the case of serious depression or suicidal thoughts, encourage further support from a professional counsellor in your community; a circle of support is always best.
5. If you are a person of faith, participate in church activities that focus on the true meaning of Christmas.
6. Become involved in giving in a non-monetary ways through charities and worthwhile causes that support people who are marginalized.

If we are to be effective leaders and caregivers in our communities, we need to seek out these same kinds of supports for ourselves to ensure our own self-care.



# Liturgy Hymn Suggestions



## Advent Hymn Suggestions

The season of Advent is characterized by a spirit of joy and anticipation. The readings invite the Church to look forward to the second coming of Christ at the end of time. The music of Advent, like the readings, evokes a variety of images and feelings: judgment, longing, repentance, hopefulness, and expectant joy. Here are some suggestions for preparing the music of Advent.

**CBW = Catholic Book of Worship III (1994)**

**CS = Celebrate in Song (2010)**

**G = Gather Comprehensive, 2nd Edition (2004)**

**GP = Glory & Praise (1984)**



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

## Hymns

- Advent Gathering – G 250
- The Advent of Our God – CBW 315
- Awake! Awake, and Greet the New Morn – CBW 303
- Be Light for Our Eyes – CBW 305, G 354
- Come, Promised One – CS 6.13
- Come, O Long Expected Jesus – CBW 306
- Every Valley – CBW 308, GP 14
- God of All People – CBW 314, G 255
- The King Shall Come – CBW 318, G 248
- Like a shepherd – CBW 490, G 251, GP 35
- Listen, My People – CBW 309
- My Soul in Stillness Waits – G 252
- O Come, Divine Messiah – CBW 310
- O Come, O Come Emmanuel – CBW 312
- Patience, People – GP 131
- Prepare the Way of the Lord – CBW 317
- Return, Redeemer God – CS 6.14
- Save Us, O Lord – GP 234
- Sing a New Song – CBW 563, G 384, GP 47
- There is a Longing – CS 6.15
- Wait for the Lord – CBW 319, G 256
- Within Our Hearts Be Born – G 253

## Seasonal Responsorial Psalms:

- 25 (To you, O Lord, I lift my soul.) – CBW 16, G 34
- 85 (Lord, let us see your kindness.) – CBW 15, G 73
- 146 (Lord, come and save us) – CBW 23, G 124

# Ethical Spending / Simplifying Christmas

By **Annette Donovan Panchaud**

The Christmas season can be very demanding on our time, our pocket books and our environment. The key to making the most of the season for ourselves, our family and friends and for our God-given planet is being reflective and intentional as we enter fully into this marvellous season of wonder and generosity.

Paring back on the chaos that accompanies Christmas involves sorting out what is really most important to you personally. Write down all the things that you are expected to do during the season. Then prioritize. What do you value most? Is it spending time with family? Baking cookies for friends? Taking some quiet time to reflect on what it really means to say that God became one of us? Is there something that you have always wanted to do at Christmastime but you have never had the opportunity to do it? Perhaps serve a meal at a local soup kitchen? Attend a specific liturgy at Church? The next step is to figure out what you can participate in realistically. Be ruthless. Write down what you can do in the amount of time you have. Put everything else to the side. You now have your recipe for a well-lived Christmas season.

To help the environment and your pocketbook opt for a living tree purchased from a local nursery and then replant it in spring. Decorate your tree with home-made ornaments like edible or compostable items like stringed popcorn or cranberries for garland. Making ornaments can be a fun family activity that can make great lasting memories.

One of the biggest temptations and problems with Christmas is gift buying. Either we are over-spending, worrying about not spending enough or creating an ecological burden by what we have spent (not to mention the wrapping the gifts come in). Agree as a family about how you will handle Christmas gifts this year. One family decided that each family member would receive three gifts – representing gold, frankincense, and myrrh. One gift would be something they need, one thing they want, and one small surprise ([www.BLESSEDEARTH.org](http://www.BLESSEDEARTH.org)) or in extended families perhaps just the children receive gifts, or draw names from a hat.

There are a number of ways we can show our family and friends we care without taxing our wallets or our earth. First we can give “services” instead of goods. These gifts require little or no resources and are personal. These gifts truly are a gift of you – your time, creativity and imagination. They could be a massage, an art or music lesson, gardening, shovelling a driveway, a dinner, a coupon book of chores. The possibilities truly are limitless.

We can also give gifts of experience, rather than one more thing to add to the pile of “stuff” accumulating in our homes. These can range from tickets to a movie, play, art exhibition, sports event, or a swimming pass. Once again these gifts are memorable and personal, and are not taxing upon our environment. Another great gift is homemade edibles. Who can resist a box of homemade cookies or cupcakes? Another great gift is refurbished clothing. An inexpensive used t-shirt, or sweater can be refurbished to become a completely personal tank top, scarf or even skirt. It can also be a lot of fun. For inspiration turn to the internet. There are many creative ideas on pinterest or check out:

[www.howtoreuseitcreatively.com/freshen-it-up/buy-clothes-year/](http://www.howtoreuseitcreatively.com/freshen-it-up/buy-clothes-year/)

If you are interested in purchasing a new item pay attention to the company you are supporting with your purchase. Everyday we make decisions with our wallets. To make sure your hard earned dollar goes to support companies who are fair to their employees and the earth take a look at The Good Shopping Guide available at:

[www.ethical-company-organisation.org/the-good-shopping-guide.htm](http://www.ethical-company-organisation.org/the-good-shopping-guide.htm)

You might even want to give this book as a gift (apps are available). This book provides reports and ranks the companies behind the world’s biggest brands on their environmental, animal welfare and human rights records.

Another great resource for fair trade products of all types is Ten Thousand Villages available at:

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

Their website shows store locations, products and coupons. To find out more about fair trade products see:

<http://fairtrade.ca/>

Also, when you give a gift be sure you know what you are giving. Do you want that eyeshadow or moisturizer you give to put cancer-causing carcinogens on your sister’s, friends’ or mothers skin? Be sure to see how that product rates at:

[www.ewg.org/skindeep/](http://www.ewg.org/skindeep/) (apps are available)

Whatever gifts you choose to give wrap it in reusable material like fabric bags. For more suggestions on how to simplify your Christmas and honour God’s creation see:

[www.blessedearth.org/wp-content/uploads/2011/09/Christmas.pdf](http://www.blessedearth.org/wp-content/uploads/2011/09/Christmas.pdf).

Have a holy and wholesome Christmas!

# Advent Activities

By Maija Wilson

## Back to Basics with a Classroom of Children.

"Prepare the way of the Lord, make straight his paths."  
Matthew 3:3

Rings of green branches have been signs of life and victory for centuries. It is easy to see why the Christian community would adopt this symbol and use it as a means of preparation for the Birth of Jesus.

Remind the children of how the green branches call to see our new life in Christ, the circle as a sign of God's eternal love with no beginning and no end and the candles calling us to celebrate Jesus conquering the darkness.

Allow the children the opportunity to make Advent wreaths which they can bring home to use with their families. Branches and greenery are ideal but colourful construction paper is okay too.



Weeks 1, 2 and 4 are marked with purple candles and Week 3 is marked with a pink candle. The pink candle reminds of the joy that is already ours as Christians and that Christmas is "just around the corner."

## Hands on Learning During Advent!

Alongside the prayer and reflection you do for each weeks of Advent, you may wish to do a group activity. Here are some examples from an advent activity and devotions book entitled, 'The Wonders of His Love'

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

### 1. Create a classroom service project.

As a class, find a service project through the school, church or community that could use some extra funds. Have the children create their own offering box and have them place a penny in their box for each day.

### 2. An Advent walk.

Gather the children together for a walk around the school playground. If it's raining, grab umbrellas and raincoats. If it's snowing, make sure they have boots and mittens. No excuses. Bring some treats for the children to share. Walk, run, skip and have the children look up at the sky. Have them imagine the Bethlehem sky filled with angels or the bright star that led the Wise Men. If the school is in a residential neighborhood, look at the Christmas lights on the houses. Do they remind the children that baby Jesus is the light of the whole world? Join in a prayer outside for those in the neighbourhood, the city, the world and each other. Remind the children that they can sleep, knowing God's angels are watching over them.

### 3. The Nativity Scene.

Put together a life-size nativity scene for a wall in a hallway. Assign each child a character out of the nativity story. If you have a large group, assign several shepherds and angels. Have the children take turns tracing each other's body for their character from the story on large paper. After the body is cut out, allow a lot of time to dress the character to fit the role. Use paper scraps, crayons, wrapping paper, etc. for clothes. To make halos staple tree garland or wire stars shaped in a circle to the top of the heads. Use Yarn for hair and sequins to decorate crowns, The sky is the limit on how far you go. Use crepe paper to outline a stable and paper cut outs to make the manger bed for baby Jesus. To make Jesus, trace a baby doll one of the children owns. Tape the figures inside and around the stable. Add stars to the sky as well as trees and hills. If you have extra time have the children make sheep and cows, etc. Be sure the children put their names on their figures so that they can take them home later in the season.

### 4. An Advent Sleep-Under.

After the Christmas tree is up and decorated in your classroom, plan for the everyone to spend sometime under or near the lighted tree. Everyone hauls out blankets and pillows to be cozy and comfortable. Read Christmas stories. Read THE Christmas story from Luke 2 using a children's Bible. Play Christmas music, feast on hot chocolate and popcorn. Watch a Christmas movie together.

# Solemnity of Christ the King

## Sunday Eucharist

November 24, 2013, 10:30 a.m.

“The Chapel”

1486 Richmond Street, London ON

Pope Pius XI instituted the Feast of Christ the King in his 1925 encyclical letter Quas Primas, in response to growing nationalism and secularism and in the context of the unresolved Roman Question. The title of the feast was “D. N. Jesu Christi Regis” (Our Lord Jesus Christ the King), and the date was “the last Sunday of the month of October - the Sunday, that is, which immediately precedes the Feast of All Saints”. In Pope John XXIII’s 1960 revision of the Calendar, the date and title remained the same and, in the new simpler ranking of feasts, it was classified as a feast of the first class.

In his 1969 motu proprio Mysterii Paschalis, Pope Paul VI gave the celebration a new title: “D. N. Iesu Christi universorum Regis” (Our Lord Jesus Christ King of the Universe). He also gave it a new date: the last Sunday in the liturgical year, before a new year begins with the First Sunday in Advent, the earliest date for which is 27 November. Through this choice of date “the eschatological importance of this Sunday is made clearer”. He assigned to it the highest rank, that of “Solemnity”.

As happens with all Sundays whose liturgies are replaced by those of important feasts, the prayers of the Sunday on which the celebration of Christ the King falls are used on the ferias (weekdays) of the following week. The Sunday liturgy is thus not totally omitted. In 2013, this feast day falls on November 24. The liturgical vestments for the day are colored white and/or gold, in keeping with other joyous feasts honouring Christ.

This solemnity is King’s “Feast Day.” All are welcome to join us in prayer and celebration. Bishop R.P. Fabbro, CSB will be the presider.

## Saints of the Season

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 First Sunday of Advent	2	3 Memorial of St. Francis Xavier	4	5	6	7 Memorial of St. Ambrose
8 Second Sunday of Advent	9 Solemnity of the Immaculate Conception	10	11	12 Feast of Our Lady of Guadalupe	13 Memorial of St. Lucy	14 Memorial of St. John of the Cross
15 Third Sunday of Advent	16	17	18	19	20	21
22 Fourth Sunday of Advent	23	24	25 Christmas Day	26 Feast of St. Stephen	27 Feast of St. John the Evangelist	28 Feast of the Holy Innocents
29 Feast of the Holy Family	30	31				

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Solemnity of Mary the Mother of God	2 Memorial of Sts. Basil the Great and Gregory Nazianzen	3	4
5 Epiphany of the Lord	6	7 Memorial of St. André Bessette	8	9	10	11
12 Baptism of the Lord	13	14	15	16	17 Memorial of St. Anthony of the Desert	18
19 Second Sunday in Ordinary Time	20	21 Memorial of St. Agnes	22	23	24 Memorial of St. Francis de Sales	25 Feast of the Conversion of St. Paul
26 Third Sunday in Ordinary Time	27 Memorial of St. Angela Merici	28 Memorial of St. Thomas Aquinas	29	30	31	

## Office of Campus Ministry

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Janet Loo  
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# Religious Life Lecture Series



### The Christ the King Lecture “St. Benedict’s Message and Rule for the 21st Century”

Christopher Dillon, OSB  
Fourth Abbot of Glenstal Abbey, Ireland

Thursday, November 21, 2013, 7:30 p.m.



### “Merton and Nouwen: Architects of our spiritual wisdom”

Dr. Michael Higgins, PhD.  
Vice President for Mission and Catholic Identity,  
Sacred Heart University – Connecticut

Wednesday, November 27, 2013, 7:30 p.m.

“The Chapel” • 1486 Richmond Street • Free admission & parking  
Free will donations to support the London Crisis Pregnancy Centre & the Hospitality Centre



Welcome Days  
Nov 9, Mar 7, Mar 8,  
& May 3

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