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*Lent 2011*

# CHAPLAINS' NEWSLETTER

*Volume 11*

## TRANSFORMATION

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 the 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

**"WE TOO ARE  
TO BECOME  
BREAD FOR  
THE HUNGRY"**

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.

Praying for the gift to become what we receive, we cry out "Amen" to that which we are, the Body of Christ.

May your Lenten work be filled with the transformative power of Christ Jesus' resurrection.

Michael Bechard (Rev.)  
Chaplain / King's University College

## BE STILL

Prayer practices can shift throughout our lifetime. What once was life-giving can become a desert or wasteland when we grown and life circumstances change. At other times, a former spiritual practice can be remembered and renewed. I recently welcomed my old friend, Psalm 46:10a, and embrace its familiar simplicity. In particular, I appreciate how simple it is to pray this way, wherever I find myself. If I am experiencing stress, I am immediately calmed, and available to be present to myself and current situation. When I fell thankful, this easy, contemplative practice deepens my gratefulness and compassion.

Please join me, wherever you are. Find a dignified, comfortable position, and slowly repeat each phrase. Pause between each line for however long you desire. Simply rest and be. When thoughts flit in your mind or sensations move in your body, do not be concerned. Simply

notice, and let go. When your time is complete – it could be seconds, minutes, or hours – take a deep breath, then offer a silent thank you for your being, your breath.

*Psalm 46:10A*

Be still, and know that I am God.

...

Be still and know that I am.

...

Be still and know.

...

Be still.

...

Be.

From "Listen" A seekers resource for spiritual direction.  
January 2011 Vol 5 Issue 1

## FOOD FOR LENT

There are special foods for Lent. Hot cross buns are traditionally eaten on Good Friday, for example

A food that symbolizes prayer and fasting is the pretzel (from the Latin word, *bracellæ*, “arms”.) It is a traditional Lenten bread of very ancient origin. Early Christians made the bread from flour, salt and water only, shaping it to represent the folded arms in prayer, just as they are made to this day. The German tribes who invaded Rome called the *bracellæ* “brezel” or “prezel”. Pretzels are traditionally eaten throughout Lent, and in some places are especially associated with Saint Joseph’s Day [March 19] which usually falls within Lent. A recipe for soft pretzels follows:

*The pretzel represents the shape of the penitent’s crossed arms, and was a traditional Lenten food in central European towns. This recipe is for a chewy soft pretzel, like those hot pretzel vendors sell.*

Combine in a mixing bowl:

1 cup warm water  
1 package (1 1/2 T) active dry yeast  
1 tsp sugar

Add and beat at least 3 minutes:

1 1/2 cups sifted all purpose flour  
2 Tbsp soft butter  
1/2 tsp salt  
1 Tbsp sugar

Stir in 1 1/4 cups sifted all purpose flour and knead until the dough loses its stickiness.

Let the dough rise in a covered greased bowl until it is doubled in bulk (this is called “proofing” the dough).

Punch down and divide it into 12 pieces. Roll each piece into a long rope and form it into a pretzel shape. Place the pretzels on a greased baking sheet and let them rise until almost doubled in bulk. Preheat oven to 475°F.

In a large non aluminum kettle, prepare a boiling solution of  
4 cups water  
5 tsp baking soda

With a slotted spoon, carefully lower the pretzels into the water and boil about 1 minute or until they float to the top. Return them to the greased sheet. Sprinkle them with coarse salt. (Sea salt or Kosher salt.) Bake the pretzels until they are nicely browned, about 10-12 minutes. Pretzels are best when eaten while still warm, but they may be stored in an air tight container for up to a week, or frozen.

(Makes twelve 6-inch pretzels)

“Take, Lord,  
and receive all my liberty,  
my memory,  
my understanding,  
and my entire will.  
All I have and call my own.  
You have given all to me.  
To you, Lord, I return it.  
Everything is yours;  
do with it what you will.  
Give me only your love  
and your grace,  
that is enough for me.”

St. Ignatius of Loyola, SJ  
(1491-1556)

## COOKING AND PRAYING

The Center for Ministry Development provides a variety of program ideas for Youth Ministry on their website at <http://cmdnet.org/resources.cfm>. The Lenten resources are located under the “Seasonal Family Activities” area. This resource offers a variety of Lenten ideas including creative and practical guides for fasting, praying and almsgiving (or service) in a meaningful way for young people and adults alike. It suggests practical ways for students to celebrate Lent at home with their families. It even gives some tasty Lenten baking ideas and suggests prayers that accompany the act of baking and can be used either at home or in a home economics class, for example. The tradition of accompanying all of our daily actions with prayer, is a vestige of our Jewish roots and is still a common practice in Judaism.

Many Catholics refrain from eating meat on specific days during Lent. Not only is this a part of our tradition, it can also be a way of living in solidarity with the less fortunate, especially now that the world food crisis has reached epidemic proportions with 25% of our global brothers and sisters going hungry. For people who may be at loss as to how to provide a wholesome, simple meal, or people who would like to intentionally connect their faith and cooking, resources are available at [www.catholicmom.com/lent\\_recipes.htm](http://www.catholicmom.com/lent_recipes.htm) and <http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/cooking.html>.

## STATIONS OF THE CROSS

One of our Catholic traditions during the season of Lent is the *Stations of the Cross*.

The Stations of the Cross is a traditional Catholic devotion comprised of fourteen 'stations' representing important events during Jesus' Passion and culminating with his death at Calvary. They were originally performed by Christian Pilgrims in the Holy Land as they visited the sites of Jesus' Passion. The Stations (also known as The Way of the Cross) continues to be celebrated all over the world. The Stations consist of prayers and meditations and over the years, different formats have been developed that focus on different themes.

As such, there are a variety of different formulations of the Stations of the Cross and in order for students to gain the most out of this Lenten practise it is important to know which will encourage them to fully, actively and consciously participate in the experience.

The two most common formulations are the Traditional Stations of the Cross (available at [www.catholic.org/clife/prayers/station.php](http://www.catholic.org/clife/prayers/station.php)) and a version that is based on those celebrated by Pope John Paul II on Good Friday in

1991 and which are also experienced at the celebration of World Youth Days (<http://www.usccb.org/nab/stations.shtml>).

In addition to these more common versions, Development and Peace provides a Solidarity Stations of the Cross that connects each station to people in the global South. This is available <http://www.dev.org/devpme/eng/sharelent/doc/WayoftheCross.doc>.

**"THERE ARE  
A VARIETY OF  
DIFFERENT  
FORMULATIONS  
OF THE STATIONS  
OF THE CROSS."**

The options for your observance of the Stations of the Cross are almost limitless and as a way of providing you with a full array of resources, we have created a section on our website for "Additional Resources" where you will be able to find supplemental information to what we are able to provide you here.

We hope that you will find these resources helpful. For instance, "green" minded students and those interested in stewardship and our relationship with the environment, will hopefully be interested in our Ecological Stations of the Cross. Please visit [www.kings.uwo.ca/campus\\_ministry/chaplains-newsletter/](http://www.kings.uwo.ca/campus_ministry/chaplains-newsletter/).

## CLICKWORTHY

*"Clickworthy" features websites that may be useful to your ministry as well as to the school communities that you serve. If you know of any web resources that you would like to share, please send your suggestions to us.*

*Each of the two featured websites this issue include resources for reflection and prayer for the Season of Lent that you might find useful for your ministry.*

### MY CATHOLIC VOICE

(<http://www.mycatholicvoice.com>)

MyCatholicVoice aims to create a dynamic community of people - Catholics, Christians, and others- interested in exploring the rich tradition of the Catholic Faith. Its mission is to capture, index and share this tradition - using the best Internet technologies and social networking capabilities. Its creators describe MyCatholicVoice as "a combination of iTunes, YouTube and social networking capabilities designed specifically for the needs of the global Catholic Church." The site features content of major Catholic publishers, including the largest selection of downloadable music and video from major Catholic publishers on the Internet.

### CREIGHTON UNIVERSITY ONLINE MINISTRIES

(<http://onlineministries.creighton.edu/CollaborativeMinistry/online.html>)

The Collaborative Ministry Office at Creighton University, a Jesuit university in Omaha, Nebraska, provides spiritual formation opportunities that strengthen personal and communal growth. Among their numerous program offerings is their innovative online ministry which provides a rich resource of material for prayer and spirituality, for example through daily reflections, quotations, online retreats, and prayer resources.

## GETTING CHILDREN READY FOR LENT

During this special time in the liturgical year, it is important to provide activities that children can understand as they learn more about their faith and their relationship with Christ.

Ash Wednesday (celebrated this year on March 9, 2011) marks the beginning of Lent. Here are a few activities that may be useful in the classroom with children in primary grades:

**Ashes:** This is something simple but very helpful to do in the classroom, especially if you are going to attend mass as a class. Have the children gather around while you prepare ashes in a bowl. Placing each of their fingers on their foreheads, take the ashes and make the Sign of the Cross. This allows them to get more comfortable and understand importance of this day.

**Burlap Crosses:** Purchase burlap from a fabric store. Discuss with the children that long ago early Christians would wear clothes made out of a similar material during Lent. The rough cloth would remind them to think of Jesus. Trace and cut approximately 3" by 5". Attach a safety pin and have the children wear the cross as a Lenten reminder.

**Image of Jesus:** Have the children create their own image of Jesus on a piece of paper. Let them use a variety of different materials: ribbons, string, paints, beads, markers, pastels etc.

**Prayer Space:** Together as a class, decorate a small quiet space in the classroom, to remind the students we are focusing on Jesus and how to become more like him during Lent. Each week, you could present an activity or craft that you could add to the space. Keep in mind some of these items you could create!

**Prayers:** During Lent, we want to remember that it is a time to 'fast' from things that cost extra money or from activities that take extra time, etc. Have the student write a simple prayer in what they can try and fast from. For younger students, it may be a good idea to write this as a class.

**Purple cloth:** Decorate bracelets or necklaces using different shades of purple.

**Sand, symbolizing the desert:** Purchase empty baby or mason jars, coloured sand and have the children make their creation.

**Water, symbolizing Baptism:** I am sure that several of the children don't remember their own baptism so this could be exciting. Simply take a bowl of water and tell the story of Jesus' Baptism. Have each of the students come up to be 'John the Baptist'.

Sources: Adapted from *The Big Book of Catholic Customs and Traditions for Children's Faith Formation* (2003) and *Celebrating the Lectionary for Primary Grades* (2010).

## DEVELOPMENT AND PEACE

Lent is an opportunity for us to reflect on our relationship with our God, our Church and our global brothers and sisters. There are a variety of options to help us deepen these relationships in a meaningful and lasting way.

Many schools and students participate annually in the Development and Peace Think-Fast. This 24 hour fast is available to be ordered through the website at [www.devp.org](http://www.devp.org). The focus of this year's campaign is bottled water and, as always, provides a step by step, hour by hour plan for coordinating a successful program. An innovative twist on this long time favourite activity is the online payment method. Students are encouraged to have their own pages so family and friends can sponsor them directly on-line while seeing all the great activities in which they are involved. Do not forget to sign up at the [justyouth.org](http://justyouth.org) website, download your pictures to highlight (show-off) your school's creativity, and to see

what else is going on across Canada.

Also, Development and Peace has made Sunday solidarity cards available on their website with the "Share Lent" resources. These prayer cards connect the Sunday liturgical readings to social justice issues in the global south, thereby making a profound connection between life and liturgy. This year Development and Peace has published a Share Lent Magazine that can be ordered online to discover more about their involvement around the world. The Share Lent Calendar is also available on line. Beginning with Ash Wednesday, it offers daily suggestions on how you can be in solidarity with our sisters and brothers in Asia, Africa, Latin America and the Middle East. It will help you learn more about the partners Development and Peace has throughout the world and offers suggestions on how you can assist them.

## RELIGIOUS LIFE LECTURE SERIES 2010-2011

The Annual Religious Life Series is hosted by The Office of Campus Ministry. This year's theme is service to the poor and the needy. There are two lectures remaining in the series and we hope that you will join us!



“A Christian Perspective on the Financial Crisis”  
with Kathryn Tanner

Thursday March 10, 2011  
7:30 PM / Labatt Hall  
King's University College

“The Paschal Mystery and the Kingdom of God”  
with Dr. Joseph Martos

Thursday March 31, 2011  
7:30 PM / Labatt Hall  
King's University College



*Attendance at these lectures can count toward your professional development.  
For more information contact Marilyn Mason at [mmason@uwo.ca](mailto:mmason@uwo.ca)*

## AN EXAMINATION OF CONSCIENCE FOR TEENS

### First Commandment

- Do I worship the false gods of status, consumerism or peer approval?
- Do I ignore or avoid old friends in order to be part of the popular crowd? Do I make unreasonable demands on my parents for clothes or money?
- Do I give support to my peers when they tell racial or ethnic jokes? Do I show indifference toward the poor and think of them as losers by social standards?

### Second Commandment

- Do I use language that I would never speak in front of my grandmother?
- Is my language a reflection of a low opinion of others and insults?

### Third Commandment

- Do I skip mass because few of my friends go to church or because I feel that the gift of God's presence should be as entertaining as MTV?

### Fourth Commandment

- Do I thank my parents for what they do for me?
- Do I offer to help around the house?
- Do I value my family members as much as I do my friends?

### Fifth Commandment

- Do I value my life and that of others?
- Do I drink and drive or travel with those who do?
- Do I experiment with drugs and show no regard to their effect on my grades, my self-respect or my relationships?

- Have I ever hit my girlfriend or boyfriend?

### Sixth Commandment

- Do I use other people for my own selfish pleasure?
- Do I lie to get others to act against their values?
- Do I see sex as a way to be popular or to rebel against my parents?

### Seventh Commandment

- Do I cheat on tests or homework?
- Do I ever shoplift or take things that don't belong to me?

### Eighth Commandment

- Do I gossip or pass on rumors that hurt other people?
- Can I be trusted to keep a confidence?
- Do I lie to protect my own ego, even if someone will be hurt?

### Ninth Commandment

- Am I envious of others? Do I resent their popularity or success?
- Do I feel I have to put others down in order to feel better about myself?

### Tenth Commandment

- Do I resent my parents when they tell me they cannot afford to buy the things that I feel I need to keep up with my friends?
- Do I ever ask my parents what their financial worries are?

(c) Diane Laney Fitzpatrick

Campus Ministry at King's University College invites you to

# Prayer *with the* Songs of Taizé

1st, 3rd and 5th Monday of every month @ 7:00PM  
Christ the King Chapel (Wemple Building)

SPECIAL EVENT: Saturday April 2, 2011  
Brother Emile of the Taize Community will lead a  
half-day retreat at King's University College. Visit the  
Campus Ministry website for updated details.

"Prayer is natural. It belongs to this world, where nature adds her testimony to the truth and neither God nor nature lies. Cattle and wild animals bend their knees and, when they first rise from their rest, they look to heaven with a bellow or roar. Birds, too, when they leave their nest, move towards heaven with wings in the form of a cross and make a sound that seems like prayer. Our Lord, who is the peak of all creation, prayed."

Tertullian  
(c. 160 - c. 220)

## SONG SUGGESTIONS FOR ASH WEDNESDAY

CBW = Catholic Book of Worship III (1994); G = Gather, 2nd Edition (1994); GP = Glory & Praise (1984)

The music for Ash Wednesday and for the Season of Lent ought to reflect the following themes: return, mercy, reconciliation, fasting, prayer, giving, 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.

For the distribution of ashes, it is advisable to choose music with a simple refrain, preferably one that does not require the use of a hymnal.

### GATHERING / RECESSIONAL SONGS

Again We Keep This Solemn Fast – CBW352  
Come and Journey With a Savior – CBW476  
Glory and Praise to Our God – G380, GP17  
May We Praise You – G392, GP220  
O Sun of Justice, Fill Our Hearts – CBW371  
Though the Mountains May Fall – G426, GP214

All That We Have – GP82  
Forgive Our Sins As We Forgive – CBW 620  
Lead Me, Guide Me – G400  
O Lord, Throughout These Forty Days – CBW367  
Praise to You, O Christ Our Savior – CBW442, G360  
We Are Called – G518

### RESPONSORIAL PSALM

51 (Be Merciful, O Lord) - CBW41, CBW44, G53

### PREPARATION OF THE GIFTS AND DISTRIBUTION OF ASHES

Abba! Father! – GP1  
Dust and Ashes – G280  
Hosea – G282, GP262  
Remember Your Love – G641, GP134  
Seek the Lord – GP46  
With Our God – CBW374, G113

Ashes – G643, GP84  
Grant to us, O Lord – CBW 621A  
Only This I Want – CBW516, G499, GP224  
Return to God – G283  
Take, Lord, Receive – GP53

## A LITANY FOR LENT

Leader: God of life, of community, of reconciliation, of compassion, we come to You today in a spirit of praise and thanksgiving. We praise You for all of creation: the living earth entrusted to our care, and people of every race, religion and nation. Allow us to embrace, respect and love all You have given us.

All: This is the favourable time, this is the day of salvation.

Leader: We thank You for each breath we take, every colour we see, every movement we make. Strengthen us to be grateful for every minute of our day, every person we meet, and every opportunity You give us.

All: This is the favourable time, this is the day of salvation.

Leader: We praise You because all good things have been given to us in love.

Help us to know and feel you every day, every minute that You love us, that You trust us, that we are to live in this love. Help us to help others know your love.

All: This is the favourable time, this is the day of salvation.

Leader: We thank You for our families, our friends, our country. Teach us to honour those who have gone before us, to walk with our seniors, to love and protect our children, and to foster compassion in our communities.

All: This is the favourable time, this is the day of salvation.

Leader: Help us to find signs of hope in times of joy or pain or challenge. Guide us to use our gifts of time and talent to restore and affirm all that is good, heal that which is weak and avoid that which is sinful and destructive in life.

All: This is the favourable time, this is the day of salvation.

Leader: Make us ready to come to the aid of those in danger from violence, addictions, disruptions and discrimination in our homes, in our institutions, on our streets.

All: This is the favourable time, this is the day of salvation.

Leader: Nourish our spirits so we will be ready to welcome the stranger the immigrant, the refugee, the handicapped, the poor, the street person. Unbind and set free your sons and daughters, to recognize Your One Spirit. in one and all.

All: This is the favourable time, this is the day of salvation.

*Author and source unknown*

### MARCH WELCOME DAY

1:00PM - 3:30PM

Saturday March 12, 2011

Students and their families, friends and teachers are invited to join us for a taste of the King's experience. Members of faculty, administration, and student services will be here to talk with you and tours will be offered all afternoon. Please confirm your attendance by emailing [kings@uwo.ca](mailto:kings@uwo.ca)



OFFICE OF CAMPUS MINISTRY  
266 Epworth Avenue  
London, Ontario N6A 2M3  
1.800.265.4406 / 519.963.1477  
[campusministry@kings.uwo.ca](mailto:campusministry@kings.uwo.ca)

Team Members:

Michael Bechard (Rev.), Annette Donovan Panchaud,  
Andrea Fraser, Susan Glaab, CSJ, Janet Loo, Maija Wilson

### A PRAYER FOR ASH WEDNESDAY

*During Lent we ask ourselves more directly: "What is it that God asks of us?" We find the answer throughout the gospels. We listen closely to the words of Jesus who says: "Whoever wants to be first must place himself last and be servant of all."*

Loving God, as we begin our Lenten journey help each of us to grow in our relationship with you. May our acts of self-giving and sacrifice lead us to empty ourselves and welcome you into our hearts, minds and souls. May the sacrifice of your Son and the depths of your love fill our hearts with joy, and may we make this joy known to all those with whom we live and work. Amen.

Filomena & Peter Tassi. *500 Prayers for Catholic Schools and Parish Youth Groups*, 2006.

*We value your feedback. Please send any comments or suggestions to [campusministry@kings.uwo.ca](mailto:campusministry@kings.uwo.ca)*