

# CRUSADER CHAPLAIN CHATTER

WEEK OF APR. 9 - 12, 2024

WE PAUSE TO HONOUR THE LAND  
ON WHICH WE LIVE, WORK AND LEARN.

THIS LAND IS SACRED:  
IT IS THE LAND OF MANY FIRST NATIONS  
AND THE METIS;  
FROM THE LANDS OF THE ANISHINABE  
TO THE ATTAWANDARON,  
THE HAUDENOSAUNEE AND THE METIS,  
WHO LIVED, WORKED AND LEARNED  
ON THIS LAND  
AND KEPT A PEACEFUL BALANCE  
WITH THE LAND  
AND ITS CREATURES AND INHABITANTS  
AND CONTINUE TO DO SO.

AS WE BEGIN OUR WEEK,  
LET US HONOUR THIS LAND, ITS RICH HISTORY,  
THE MANY FIRST NATIONS AND THE METIS  
AND COMMIT TO CONTINUE LEARNING  
HOW TO KEEP A PEACEFUL BALANCE  
WITH THIS LAND AND WITH ALL THOSE  
WHO CALL THIS LAND HOME.

WE ARE ONLY AS HEALTHY  
AS THIS LAND IS HEALTHY.

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## IMPORTANT DATES

APRIL = SIKH HERITAGE MONTH  
APRIL = GENOCIDE REMEMBRANCE,  
CONDEMNATION AND PREVENTION MONTH  
APR. 8: PD DAY  
APR. 9-10: OSSLT  
APR. 11: SPRING FLING DANCE  
APR. 12: TOUCH OF PINK DAY  
APR. 17: LIFE SKILLS DANCE @ HT  
APR. 17: ROBOTICS COMPETITION  
APR. 27: TRIVIA NIGHT!  
MAY 1: EASTER/CEW MASSES  
MAY 3: SPRING TEAM PHOTO DAY  
MAY 6-10: CATHOLIC EDUCATION WEEK  
MAY 6-17: AP EXAMS  
MAY 22: ARTS NIGHT  
MAY 23: RELAY 4 LIFE  
MAY 29: RED SHIRT DAY  
MAY 29: BATTLE OF THE BANDS  
MAY 30: GRADE 8 BBQ  
MAY 31: GRAD DINNER/DANCE  
JUNE 5: CLOSING MASSES  
JUNE 6: LIFE SKILLS TRACK MEET  
JUNE 6: ATHELETIC BANQUET

UPCOMING  
EVENTS

## DAD JOKE OF THE WEEK

What's the best dance to pair  
with chips?

Salsa!



## Quote for the week

**"SOCIAL MEDIA HAS MADE US  
SO EAGER TO 'SHOW AND  
TELL' BUT THERE IS BEAUTY  
IN PRIVACY. EVERYTHING  
ISN'T MEANT TO BE ON  
DISPLAY."**

**-@JAYSHETTY**



For More  
Information

@assumptioncrusader  
gobluego.ca



# Urban Farming on a Grand Scale

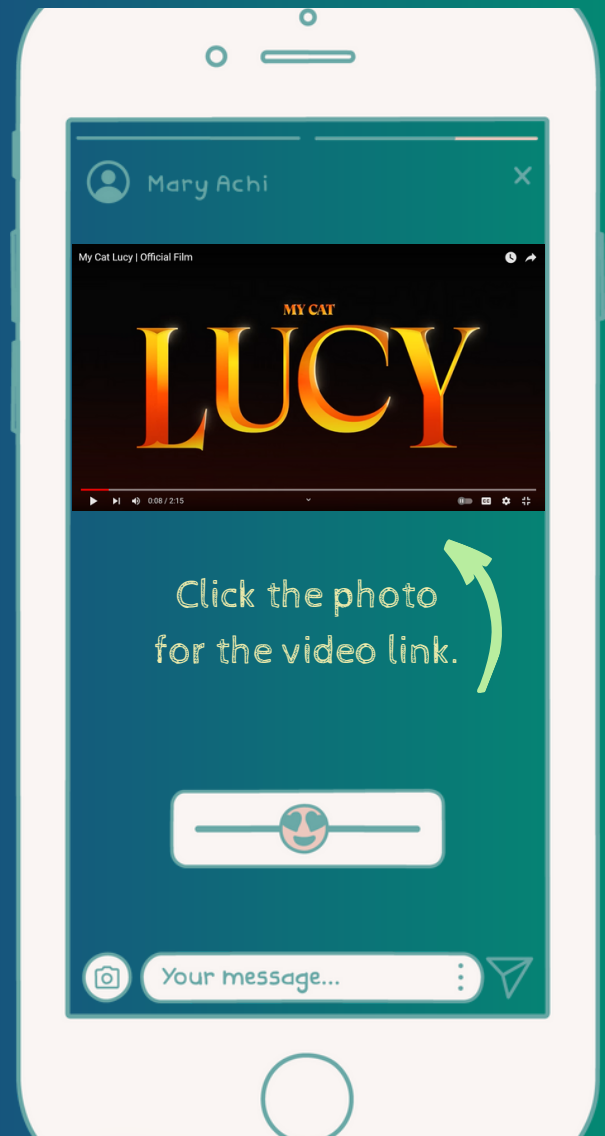
Canada |

Imagine a city that grows most of its food on its very own rooftops, where tomatoes ripen on the vine year-round—even in the dead of winter. That’s the idea behind Lufa Farms, which operates four rooftop greenhouses in and around Montreal and delivers more than 25,000 fresh-picked vegetable baskets to its customers every week.

Founded in 2009 by Mohamed Hage and Lauren Rathmell, Lufa sprouted from the idea that urban farming could grow crops where people live, without using any new land, and deliver food without the carbon footprint of long-distance transportation. (In Canada, 92 per cent of imported produce travels more than 1,500 kilometres.) “When you buy a tomato in the winter, you’re probably getting one that’s been trucked in from California or Mexico,” says Rathmell. “We deliver ours right to you the day after they’re picked.”

Hydroponic technology helps Lufa’s greenhouses operate sustainably, recycling about 90 per cent of the water used by the plants. In lieu of pesticides, ladybugs and parasitic wasps devour aphids and other pests. Using residual heat from the buildings below, each farm requires half the energy of greenhouses on the ground. Meanwhile, the company’s programmers keep operations nimble with greenhouse automation. Software manages delivery logistics while allowing customers to tailor their own baskets, choosing from 50 varieties of fruits and vegetables, plus other items, like bread and cheese from local producers.

Lufa Farms is one of many similar urban-farming projects around the world, with commercial greenhouses and gardens springing up in places like London, Paris and New York. Analysts predict city-grown crops could eventually make up 10 per cent of the global food supply. —By Anna-Kaisa Walker



Click the photo  
for the video link.

## PRAYER



*God, you are the author  
and giver of life,  
In the death of Jesus,  
you reveal the Risen Christ.  
In the life of the disciples,  
you speak a proclamation of faith.  
Renew within us the grace of your Spirit.  
Immerse us in the life and light of Christ,  
that, despite the relentless  
destruction and disdain for your creation,  
we may prevail with your message  
of peace and reconciliation.*

*Our Lady of the Assumption,  
pray for us!*

*If you need support, please remember  
we are here for you:*

*Mr. McDougall (Principal)*

*Ms. Davison (VP)*

*Mr. Laurin (VP)*

*Ms. Rerecich (Chaplain)*

*Devin Misener (CYC)*

*Bailey Jones (SW)*

*Guidance Counselors*

*and your teachers*



@msrchaplain



# CRUSADER CHAPLAIN CHATTER

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Hi Garden club! Come prepared in clothes you can dig in tomorrow. We'll be working on the outside garden.

Summer school registration is now open! Register through My Blue Print. If you have any questions, see your guidance counselor.

Congratulations to Assumption's Debate Team that dominated the debate tournament at STA last Friday with ALL our teams making it to the semi-finals! Special congratulations to Hank Yu and Grant Allen for achieving first place!! The debate team will be meeting again this Wednesday in room 206, new members always welcome!

The sign up for Relay4Life is up and ready! We know what we have to do: we need to get a team together, click the link shared or scan the QR code on the poster, sign up our team and begin the fundraising. Check the Instagram account: @acssrelay4life for all the info. We can and we will do this for all those who depend on us!

Attention all potential track and field athletes - there will be a brief meeting on Wednesday at the beginning of period 3 lunch in room 305 for grades 9 and 11 students and at the beginning of period 4 lunch in the gym for grades 10 and 12 students.

Arts Council meeting is moving from Tuesday to Wednesday this week. We will meet in rm 104. We will see you there!

Your Student Council is hosting the Spring Fling semi-formal, happening next week, Thursday, April 11 from 7-10 pm for all students! Tickets are now \$12 and includes: snacks, music, a photo booth, accessible coat check, and more! Don't miss out on the last dance of the year! Go to school cash online ASAP to get your ticket!



**CHECK THE PHYS. ED. BULLETIN BOARD FOR YOUR TEAM  
UPDATES AND TRYOUT INFORMATION!**

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## MONDAY

Student Council meets in rm 214

DECORATE your room for the day!  
Bring in your decorations to the govt. room!

in rm 306

## TUESDAY

Rosary Group in the Chapel per. 2

Peer Tutoring on lunches

Crochet Club in rm 109 on 3rd lunch

Concert Band in the music room

SR. Reach, rm 224

Latin American Club rm 107

## Wednesday

Wellness Wednesday in the Piazza over lunches

Math Madness: before school (rm 302); after school (rm 304).

Student Athletic Council in rm 118

"Assumption Reads" Book Club, in rm 222 -every other week

Construction Club, rm 106

Debate Club, rm 206

Black Student Association - rm 107

Robotics - rm 223

Intermediate Reach, rm 224

Chaplaincy Club, - Check the google classroom.

## THURSDAY

Peer Tutoring on lunches

Art Club in rm 108!

Dungeons and Dragons - rm 209B

Assumption & the World, rm 107

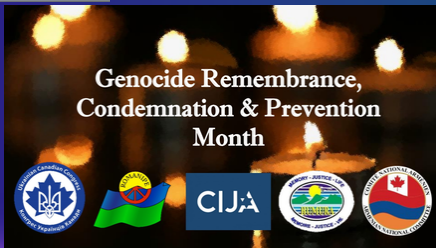
SPRING FLING SEMI-FORMAL DANCE!!

## Friday

Rock Band in the music room

Sr. Reach, rm 224

SIKH HERITAGE MONTH



## NURTURING OUR FAITH

CLICK THE ITEM AND IT WILL TAKE YOU TO THE SITE/ARTICLE.

bustedhalo

#DAILYJOLT  
APRIL 9, 2024

Blossom by blossom  
the spring begins.

-- ALGERNON CHARLES SWINBURNE, POET

TODAY'S #MICROCHALLENGE

IF YOU FIND YOURSELF GETTING OVERWHELMED BY A BIG UNDERTAKING, BREAK DOWN THE "BIG PICTURE" INTO SMALL STEPS.



What the Annunciation Taught Me About Maintaining Joy Amidst Uncertainty

# Easter Reflection:

John 20.19-31 (2nd week of Easter)

“When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

But Thomas (who was called the Twin, one of the twelve, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe.”

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.”

**by Corey Brost, CSV**

**“I can be a Christian without going to church!” I’ve heard it many times from teens and adults. And I’ve always disagreed. Why? Because of Thomas.**

**Thomas was gone when Jesus appeared to the Apostles. Then he had trouble believing when the Apostles told him about it. He only believed when he saw Jesus for himself.**

**The message? We need Christian community to really believe in the Resurrection. It’s the community that gives us strength, challenge, and guidance to act as we believe. Notice that Jesus gave the Apostles peace and a mission while they were gathered. The same is true today. It is in Christian community--worship, service trips, youth groups, religion classes, retreats--that we most fully find Christ’s peace, remember our mission, and receive strength to act as we believe. If we never worship, never talk about our faith, or never serve with other Catholics or others who belong to the same faith community, pretty soon we’ll find it harder to believe. And our actions might not show that we believe in a Saviour who calls us to live differently from how the world tells us to live. We live differently because our Saviour conquered death. Love has won!**

**If a word or phrase from the Gospel grabs your heart, sit quietly for several minutes and repeat it to yourself, and ask God to show you how it applies to your life. Or, reflect and possibly journal on the following question:**

- What type of Catholic/Christian gathering (Mass? youth group? retreat? service trip?) helps me the most to connect with my faith community? Why?**