WEEK OF MAY 6 - 10, 2024

# CATHOLIC EDUCATION WEEK



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.

WEEK OF MAY 6 - 10, 2024

#### **IMPORTANT DATES**

MAY = ARMENIAN HERITAGE MONTH

MAY = ASIAN HERITAGE MONTH

MAY = DUTCH HERITAGE MONTH

MAY = JEWISH HERITAGE MONTH

MAY = POLISH HERITAGE MONTH

MAY = SOUTH ASIAN

**HERITAGE MONTH** 

MAY 6-10: CATHOLIC EDUCATION WEEK

MAY 6-17: AP EXAMS

MAY 12-18: TAMIL GENOCIDE EDUCATION

**WEEK** 

MAY 17: INT'L DAY AGAINST HOMOPHOBIA,

TRANSPHOBIA, & BIPHOBIA

MAY 20: VICTORIA DAY HOLIDAY

MAY 21: ONTARIO FLAG DAY

**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

JUNE 7: CARNIVAL DAY ON LUNCHES

JUNE 17-20: GRADE 12 EXAMS





### DAD JOKE OF THE WEEK

Just when you think that food cannot possibly call you on your phone...BOOM!

Onion rings.



Quote for the week

"THE LONGER YOU
ENTERTAIN WHAT'S NOT FOR
YOU, THE LONGER YOU
POSTPONE WHAT IS."

-@JAYSHETTY





#### Rudy Tomjanovich: We Don't Have Any Control Over What Comes Into Our Head, But We Have The Power To Stop It

Rudy T. -- All Star player. Two time NBA world champion. Gold Medal winning head coach, you'd think he had it all. He worked really hard at being a good student, and a good athlete, a good person. But he had this voice in his head telling him, "Rudy, you really aren't all that."

One day, Rudy had a car accident and no one knew exactly what happened (not drinking related at all), but Rudy's doctor decided it was time for him to go to rehab and quit drinking. Rudy always thought he was different than other people, not quite like others when he compared himself. That negative inner voice of his was always telling him you're "not that good, you're not fooling anyone, and everyone can see it."

He learned that that voice in his head is called his "stinking thinking," and he also learned he's not the only one who has it. This was a revelation to him. He was sure he was the only one and he was constantly running from that voice and trying to prove it wasn't true.

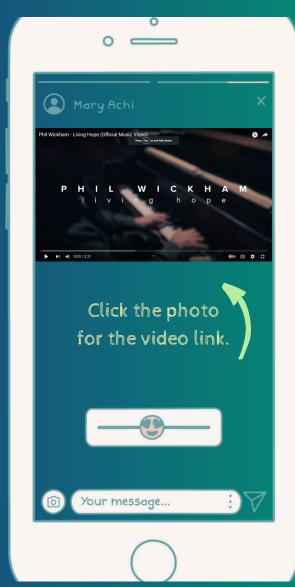
He's gained a belief that in the overall scheme of life, it's when you're connected with a spiritual basis of some sort, that you come to realize that we're all connected. That no one is closer to this force than another. He says that as long as he opens the channels to spirit, he's okay. That all his problems come "when he shuts out this channel," and that he also needs to be open to other people for the channel to come through. When he goes into a corner and tries to think out his problems, that's when he's really in trouble! That's when he knows he's isolating again, and that spiral can start back at any time.

Rudy knows now that when he opens himself up to this spiritual light, he can expect miracles to happen. When he first heard this, he thought, "Yeah right." But he's seen it time and again. "When bad things happen to good people, we keep dwelling on it, we become part of the problem too. We have to move on. When go through adversity, of course we're gonna be troubled - don't pitch a tent in the valley - feel the feelings, do the forgiveness, then move on."

For the full story, click here: <a href="https://www.52weeksofhope.com/stories-of-hope/rudy-tomjanovich">https://www.52weeksofhope.com/stories-of-hope/rudy-tomjanovich</a>

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



### PRAYER

Gracious God of all creation,

As we journey with hope,

may we always be mindful

of how you sent your Son

to be a beacon of goodness and light

in the world. Give us eyes of hope

to see the good in everything

and everyone around us.

Give us the grace and strength

to be beacons of hope and light for others.

May your virtue of hope guide

our decisions for the service of all your people.

Our Lady of the Assumption, pray for us!







#### WEEK OF MAY 6 - 10, 2024

To truly live with joy in this world, we need the theological virtue of hope. Hope is rooted deeply in our faith as it is a relationship of trust in God. As we gather as a faith community in prayer, let us reflect on how our actions and words reflect who we are as people of hope.

The Assumption Senior School Reach team competed at the Provincial Championships this weekend and performed extremely well! They won their first 5 games before losing their last 2. To qualify for the playoffs, the team needed to be in the top ten and ended up in 11th place. It was a great season! The coaches—Mr. Colterman and Mrs. Degenhardt—would like to thank all players for their enthusiasm throughout the year! Here's to next year!

A reminder that payment for the Arts Council hoodies is due by END OF DAY TODAY. Also, please check the bulletin board outside room 104 - there are some things we need to gather for Arts Night.

Attention grade 12s who are graduating: Tues May 7th is the deadline to get in the grad award applications (yellow sheets). That's TOMORROW! Please make sure you have those forms submitted in time!

Our Relay 4 Life committee will be hosting "Minute-to-Win-It" games at lunch! You must be signed up to play the games! Our first game will take place tomorrow at lunch in the café! Sign up to play and there will be prizes!

On May 9th, students from around the area will gather to hear Mrs. Natalie Sonnen, her presentation is titled Healing the Culture.It will focus on life, happiness, and virtue for each person. For those who are going: please hand in your permission forms today to Ms. R. or Ms. Adolphe!

We are still collecting eclipse glasses and placing them in the blue box outside the chaplain's office. We will be sending them to South America for the eclipse they will have in October. Please take the time to drop them off! Reduce, reuse, recycle!





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### MONDAY

**Student Council** meets in rm 214

DECA meets in rm 210.

Best Buddies
--please check the
google classroom!

Chess Club in rm 304

Model UN 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

Gardening Club - rm 210

#### **THURSDAY**

Peer Tutoring on lunches

Art Club in rm 108!

Dungeons and Dragons rm 209B

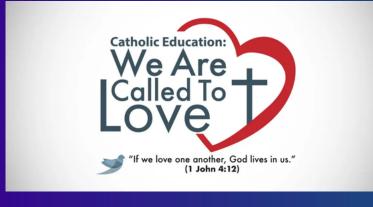
Assumption & the World, rm 107



# Friday

Rock Band in the music room

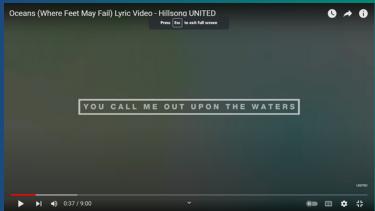
Sr. Reach, rm 224



### **NURTURING OUR FAITH**

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





### Catholic Education Week (6th Week of Easter)

By Pope Francis

As young people, you are indeed the joyful hope of the Church and of a humanity always on the move. I would like to take you by the hand and walk with you on the path of hope. I would like to speak with you about our joys and hopes, but also of our sorrows and concerns, and those of all our brothers and sisters in the human family (cf. Gaudium et Spes, 1). In these two years of preparation for the Jubilee, we will meditate first on Saint Paul's words, "Rejoicing in hope" (Rom 12:12), and then those of the prophet Isaiah, "Those who hope in the Lord will run and not be weary" (Is 40:31).

Hope, the "little" virtue.

The French writer Charles P´guy, at the beginning of his poem on hope, spoke of the three theological virtues – faith, hope and charity – as three sisters who walk together:

"Hope, the little one, walks beside her two older sisters, practically unseen.

Yet she, the little one, drags everything along.

Because Faith only sees what exists.

And Charity only loves what exists.

But Hope loves what will be.

She is the one who makes the others keep walking.

She is the one who leads them on,

and makes them all walk together"

Pope Francis is convinced that hope is humble, little, yet essential. Think for a moment.

- How can we live without hope?
- What would our days be like?

We are told that when people would come to Saint John Paul II to speak with him about a problem, the first question he asked was: "How do you see this in the light of faith?" When we see things in the light of faith and hope, they appear different. I encourage you, then, to start seeing things this way. Thanks to God's gift of hope, Christians are filled with a new joy that comes from within. The challenges and difficulties will always be there, but if we possess a hope "full of faith", we can confront them in the knowledge that they do not have the final word. And we ourselves can become a small beacon of hope for others.

Each of you can be such a beacon, to the extent that your faith becomes concrete, rooted in reality and sensitive to the needs of our brothers and sisters. Let us think of those disciples of Jesus who one day, on a high mountain, saw him transfigured in glorious light. Had they stayed there, it would have remained a beautiful experience for them, but the others would not have shared it. They had to come down from the mountain. So it is with us. We must not flee from the world, but love the times in which God has placed us, and not without reason. We can only find happiness by sharing the grace we have received with the brothers and sisters that the Lord gives us each day.

Dear young people, do not be afraid to share with others the hope and joy of the risen Christ! Nurture the spark that has been kindled in you, but at the same time share it. You will come to realize that it grows by being given away! We cannot keep our Christian hope to ourselves, like a warm feeling, because it is meant for everyone. Stay close in particular to your friends who may be smiling on the outside but are weeping within, for lack of hope. Do not let yourselves be infected by indifference and individualism. Remain open, like canals in which the hope of Jesus can flow and spread in all the areas where you live.