

# CRUSADER CHAPLAIN CHATTER

WEEK OF MARCH 9 - 13, 2026

## IMPORTANT DATES

MARCH IS IRISH HERITAGE MONTH,  
BANGLADESHI HERITAGE MONTH, HELLENIC  
HERITAGE MONTH, PERSIAN HERITAGE MONTH.

MAR. 4: PHOTO DAY

MAR. 6: WORLD DAY OF PRAYER

MAR. 8: INTERNATIONAL WOMEN'S DAY

MAR. 11: NAT'L DAY OF OBSERVANCE FOR  
COVID 19

MAR. 13: LAST DAY BEFORE MARCH BREAK

MAR. 16-20: MARCH BREAK!

MAR. 14: COMMONWEALTH DAY

MAR. 15: INT'L DAY TO COMBAT

ISLAMOPHOBIA

MAR. 17: IRISH HERITAGE DAY / ST. PATRICK'S  
DAY

MAR. 21: INT'L DAY FOR ELIMINATION OF  
RACIAL DISCRIMINATION

MAR. 25: SACRAMENT OF RECONCILIATION

MAR. 26: SACRAMENT OF RECONCILIATION

MAR. 26: PARENT / TEACHER INTERVIEWS

MAR. 29: PALM SUNDAY

MAR. 29-APR. 2: HOLY WEEK

MAR. 31: INT'L TRANSGENDER DAY OF  
VISIBILITY

MAR. 31: NAT'L INDIGENOUS LANGUAGES DAY

MAR. 31-APR. 2: OSSLT

APR. 2: HOLY THURSDAY SERVICES

APR. 3: GOOD FRIDAY

APR. 4: EASTER VIGIL

APR. 5: EASTER SUNDAY

APR. 6: EASTER MONDAY  
(HOLIDAY)



*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 our relationship with this land  
and with our commitment  
to truth and reconciliation.*





## Croatia Declared Landmine-free After More Than 2 Decades of Demining Efforts

In an incredible, bittersweet success story, Croatia has announced it has freed itself from the scourge of landmines, 31 years after the country's civil war.

During the breakup of Yugoslavia, 1.5 million landmines were estimated to have been used by all sides of the conflict, spread across an area of 453 square miles, twice the size of Zion National Park in Utah.

Originally, some 5,000 square miles was believed to be contaminated by mines, but for obvious safety reasons it was difficult to get more accurate estimates.

Now, with more than one billion euros spent, the country has eliminated all known minefields using a combination of metal detectors, heavy machinery, and detection dogs.

“Croatia is free of land mines. After nearly 30 years, we have completed demining in accordance with the Ottawa Convention,” Interior Minister Davor Božinović said during an event in Zagreb, referencing the UN convention on the banning of anti-personnel mines, to which Croatia is a party to.

“Almost 107,000 mines and 407,000 pieces of unexploded ordnance have been removed. This is not just a technical success—it is the fulfillment of a moral obligation to the victims of mines and their families. A mine-free Croatia means safer families, better development of rural areas, more farmland, and stronger tourism.”

It's difficult to ascertain an exact number, but likely tens of thousands of square miles of ground worldwide still contain minefields or areas contaminated by bombs and shells which failed to explode when they were first used.

Click the photo for the link to the article.



Click the photo for the video link.

## PRAYER

*God, You are the Holy One,  
and You call us to be holy.  
You call us to avoid sin,  
which is choosing our way over Yours.  
The path of life has been shown to us,  
through Jesus, Your Son, and through all  
the holy prophets and saints  
whose stories inspire us.  
How often we fall short  
of what You ask us.  
Help us to live holy lives, letting Your  
Holy Spirit work in us so that we can set  
aside our ego and selfish desires to live the  
good news that we have in the gospels.  
Let this Lent be a time for us  
to reset our lives to Your settings,  
therefore living the lives  
that You created us to live.  
Our Lady of the Assumption,  
pray for us!*

# CRUSADER CHAPLAIN CHATTER

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*"Preach the gospel at all times; use words when necessary."*

CONGRATULATIONS to Assumption Crusader Theatres production of Fortress who competed this weekend at the National Theatre Schools Drama festival. So much work and dedication was put into the show. Shout out to the staff advisors Mrs. Chirichella (kitty-kella) and Ms Smith, the stage managers Makayla Alves and Mia Domitivic, the entire crew, and talented cast. Special congrats goes to Mia Rosettani for winning the Director award of distinctive merit and Gabi Toki for winning the Actors award of Distinctive merit. You all represented Assumption well and with pride, GOBLUEGO!

Our Crusader GSA will need to meet together as there are some exciting things happening this semester and some creative opportunities await you. See the QR code on Ms. R.'s door and Ms. Ventura's classroom door so that we can find out when would be a good time to meet. Please scan and complete as soon as you can!

A reminder to our BSA—our Black Joy party will be happening this Thursday after school. Make sure you sign up on the doc in the group chat as the party is potluck!

The Peer Tutoring Program is BACK!

Seniors: We need strong, reliable tutors for all subject areas on Tuesdays and Thursdays at lunch. Earn some community service hours and make a difference.

Grades 9 & 10: finding your math or science homework a little... intense? Give peer tutoring a try, and learn from someone who has been in your shoes.

Just scan the QR codes outside Room 110 or the Student Success Office to sign up now!

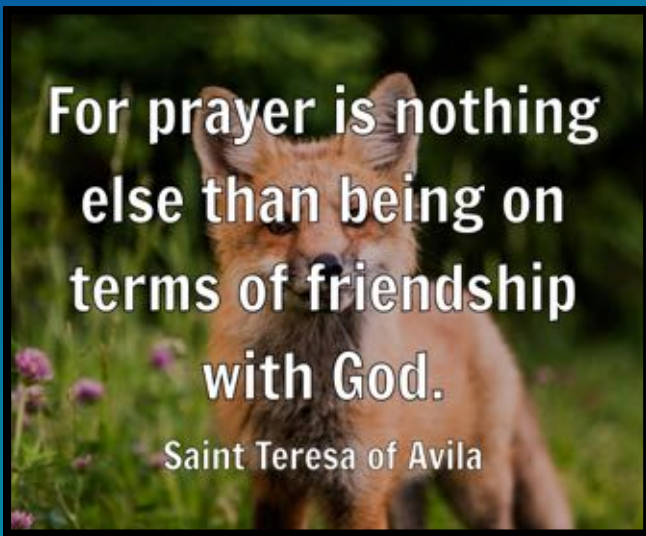
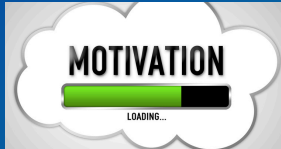
Popcorn will be available Tuesday, Wednesday, Thursday on all lunches. If you have already purchased your popcorn card, stop by the table in the atrium on your lunch to pick up your card and popcorn. Don't have a card yet? Head to school-cash-online to purchase your popcorn card today. \$10 / card!

**See the the TV / bulletin board outside of Phys. Ed. for all updates regarding sports and practices.**

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## Quote for the week



## Dad Joke of the Week



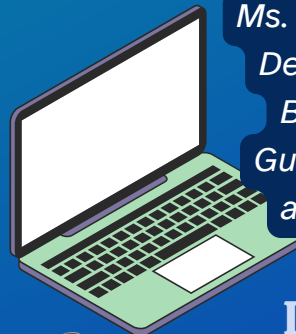
## WEATHER REPORT FOR THE WEEK

Today		5°	—	15°
Tue		65%	5°	12°
Wed		100%	2°	16°
Thu		50%	-2°	2°
Fri		75%	-2°	5°
Sat			-3°	2°
Sun		85%	-1°	9°

from the iPhone weather app

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

- Mr. Brophy (Principal)
- Ms. Fraser (VP)
- Mr. Ilcyszyn (VP)
- Ms. Rerecich (Chaplain)
- Devin Misener (CYC)
- Bailey Jones (SW)
- Guidance Counselors and your teachers



### For More Information

@assumptioncssofficial  
gobluego.ca



# CRUSADER CHAPLAIN CHATTER

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## MONDAY

Student Council  
in rm 214

Chess Club, rm 304

Senior Reach,  
rm 224

**8:10**

Be in class  
by  
8:10 a.m.

## TUESDAY

Rosary Group in  
the Chapel per. 2

Concert Band in  
the music room

Debate Club,  
rm 202



## WEDNESDAY

Wellness Wednesday  
in Piazza over lunches  
DECA, library.

Intermediate Reach,  
rm 224

Math Madness,  
rm 305

HOSA, rm 217

Latin American Club,  
rm 202

French Club, rm 204

Spectrum GSA,  
during lunches--see  
Ms. R. & Ms.  
Ventura  
for locations!



## THURSDAY

Dungeons &  
Dragons,  
rm 209B

BSA, rm 110

Senior Reach,  
rm 224

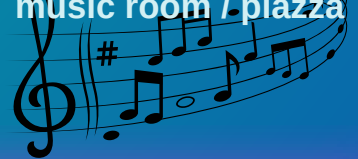
Dance team,  
stage/small gym

Art Club, rm 108

South Asian Club,  
rm 222

## FRIDAY

Rock Band in the  
music room / piazza

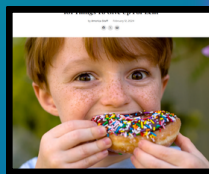


## PLUG IN TO YOUR FAITH

Click the item and it will take you to the site/article.



## STATIONS OF THE CROSS

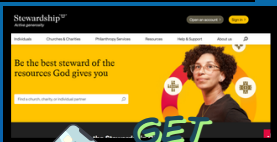
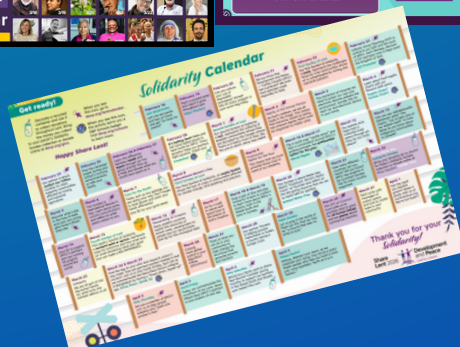


Which fruit is  
actually a giant  
berry?



First person to see  
Ms. R. with the correct  
answer will receive a prize!

Answer to last week's trivia: fear of long words



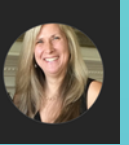
“Whatever you do to the least of these, you do to me.” Matt. 25.40

# Seeking Peace: 4 Saints Who Help Us through Anxiety

by Susan Ciancio

Susan Ciancio

Susan Ciancio is a University of Notre Dame graduate and the proud mother of three incredible children. For more than 20 years, she has written and edited for both Catholic and secular organizations. Susan has authored hundreds of articles and has edited over two dozen books.



Do you know that our friends in heaven – the saints – are actually excited when we seek their intercession? They long to comfort us, to listen to us, and to pray for us, especially during difficult times. This should bring us immense happiness because it reminds us that we never have to face anything alone, even when we may feel lonely. While on earth, the saints encountered many of the same difficulties that we often face, including anxiety – something so prevalent today.

I venture to say that most adults have worried about something at some time. Research has found that over 30% of U.S. adults have experienced some form of anxiety disorder, including repeated worries, at some point in their lives. During these moments, we must remind ourselves to give our worries to God, to stop allowing the “what ifs” to steal our joy, and to seek the assistance and prayers of the saints in heaven. And alongside faith, we should include a bit of a rational perspective as well, as studies have found that over 91% of the things we worry about never actually happen. So, when you find yourself enveloped with anxiety, quiet the outside world and turn to one of these saints for solace. Their immense faith, trust, and hope in the Lord helped them combat any overwhelming feelings of despair, and they want to guide us as we seek this same peace.

**St. Philip Neri** helped the poor, led people to God, and lived an incredible prayer life, and he did it all with immense joy, even when facing adversity and sadness. His mother died when he was a young child, and after he became a priest, he combated corruption and complacency in the Church. Additionally, he endured tremors that caused his body to shake violently. Yet through it all, Philip remained joyful; he knew how to have fun and was said to be the “life of the party.”

St. Philip once said that “joy is the sign of a heart that sincerely loves God,” and anyone who knew him felt that infectious joy. Constant worrying steals our joy and even leads us away from God and into despair. So, it is only fitting that we seek St. Philip’s intercession when we need help overcoming the anxiety we feel.

**St. Dymphna** was a young and virtuous girl who lost her mother at the age of 15. This loss sent Dymphna’s father spiraling into despair, and he decided he wanted to marry Dymphna himself. Knowing this was wrong, she fled to what is present-day Belgium and began helping the sick. Eventually, her father found her, and in a fit of rage, beheaded her.

Today, St. Dymphna is known as the patron saint of the mentally ill and of those suffering from stress and anxiety, as many miraculous cures for these types of illnesses happened through her intercession – especially at a church named for her in modern-day Belgium, where she was martyred. People come from around the world to seek both physical and emotional healing from her.

If you lie awake at night with racing thoughts, then **St. Peter Damian**’s life might resonate with you, as the prayerful seek his help with insomnia or attaining a restful night’s sleep. Peter understood the sadness and anxiety that often affect people, as he was an orphan who was mistreated by one of his brothers. Another of Peter’s brothers eventually rescued him from this life of poverty and steered him toward religious life. Because of the experiences during his youth, Peter had a special devotion to the poor and served them with kindness. While it’s rumored that Peter was such a workaholic that he rarely slept, he also actually wrote about the importance of rest. So if your worries keep you from getting a good night’s sleep, ask for St. Peter’s intercession.

**St. Rita** is known as the patron saint of the impossible, but we can also invoke her when we struggle to overcome worries or face a problem that seems unsolvable. Though Rita wanted to become a nun, she was forced to marry a cruel man who treated her harshly, and together they had two sons. After her husband and sons passed away, Rita decided to enter religious life. There, she cared for the poor and even received the wounds of the crown of thorns. Because Rita understood grief, endured abuse and loss, and was at first unable to realize her dreams, she is a great saint to seek out when you feel hopeless or when a situation seems impossible.

All of these saints are not only willing to pray for you – they want to pray for you. So, take time to read more about their lives and determine which ones resonate with you. Contemplate their faith as you work to emulate their actions. Sit in Adoration and talk to them or reflect on something they wrote. Allow their faith to buoy you. Reflecting on their lives will point you toward God and lead you from the dark thoughts, from the endless worries, and to the joy of Christ.

# Poet's Corner

'Twas brillig, and the slithy toves  
Did gyre and gimble in the wabe:  
All mimsy were the borogoves,  
And the mome raths outgrabe.

"Beware the Jabberwock, my son!  
The jaws that bite, the claws that catch!  
Beware the Jubjub bird, and shun  
The frumious Bandersnatch!"

He took his vorpal sword in hand;  
Long time the manxome foe he sought—  
So rested he by the Tumtum tree  
And stood awhile in thought.

And, as in uffish thought he stood,  
The Jabberwock, with eyes of flame,  
Came whiffing through the tulgey wood,  
And burbled as it came!

© Lewis Carroll, "The Jabberwocky,"  
**Through the Looking Glass. 1871.**

One, two! One, two! And through and through  
The vorpal blade went snicker-snack!  
He left it dead, and with its head  
He went galumphing back.

"And hast thou slain the Jabberwock?  
Come to my arms, my beamish boy!  
O frabjous day! Callooh! Callay!"  
He chortled in his joy.

'Twas brillig, and the slithy toves  
Did gyre and gimble in the wabe:  
All mimsy were the borogoves,  
And the mome raths outgrabe.



@assumptioncreatives

**erusader art gallery**



# Saints for March

March 3 - St. Katharine Drexel (USA)

March 4 - St. Casimir

March 6 - World Day of Prayer

March 7 - St. Perpetua and St. Felicity

March 8 - 3<sup>rd</sup> Sunday of Lent

March 8 - St. John of God

March 9 - St. Frances of Rome

March 15 - 4<sup>th</sup> Sunday of Lent

March 17 - St. Patrick

March 18 - St. Cyril of Jerusalem

March 19 - St. Joseph

March 22 - 5<sup>th</sup> Sunday of Lent

March 23 - St. Turibius of Mogrovejo

March 25 - Annunciation of the Lord

March 29 - Palm Sunday

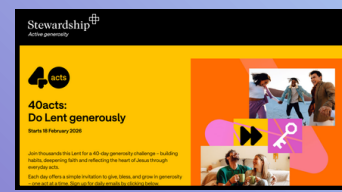
April 2 - Holy Thursday

April 3 - Good Friday

April 4 - Easter Vigil

April 5 - Easter Sunday

April 6 - Easter Monday - Easter Octave



Lord, I pray  
that I may  
decrease  
and You  
increase in  
me.

Lord,  
have mercy  
on me,  
a sinner.