

CRUSADER CHAPLAIN CHATTER

WEEK OF MARCH 2 - 6, 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.*





High Schoolers Build Unlikely Friendships With Seniors Through Chair Volleyball

What started as a simple chair volleyball game at a senior living community in Belton, Texas, has grown into a meaningful intergenerational friendship.

The sporty seniors, who proudly call themselves “The Hit Squad,” regularly host friendly chair volleyball matches with members of the Lake Belton High School volleyball team. The games have become a highlight for both groups, filling the community with energy, laughter, and spirited competition. “We just laugh and laugh when we practice,” said Hit Squad member Charlotte Wheeler.

And, the relationship has expanded in heartfelt ways beyond the chairs of Woodland Cottages. The residents traveled to one of the girls’ games recently, cheering from the stands and surprising eight senior athletes with personalized goodie bags during the school’s ‘Senior Night’ celebration. In return, students have embraced the connection with enthusiasm, visiting often to build friendships—and the impact has been tangible for families and staff.

“I’m ready to get some wisdom and skills from those who know more than I do,” high schooler Thia Allsion told the Belton Journal.

And, the number of students eager to interact with the senior community has grown.

“After word of the matches spread across campus, the undefeated Lady Broncos basketball team asked to schedule their own chair volleyball game with residents.”

The story continues to unfold with lively matches, groups cheering in the stands, post-game hugs, and smiles that span generations. Meanwhile, residents report increased physical activity, stronger social engagement, and a renewed sense of purpose, a Woodland Cottages spokesperson told GNN.



Click the photo for the link to the article.



PRAYER

*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O divine Master,
grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying
that we are born to eternal life.*

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

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

All grade 9 or 10 students interested in playing on the Junior boys hockey team this year must attend a mandatory sign-up meeting right after school today in room 118. Tryout dates have been posted on the board outside of the physical education office, and tryout fees will be posted shortly.

It's that time of year again where we get to dust off our cleats and show our talents on the soccer pitch! And what better timing than before the much anticipated World Cup! Sign up sheets for the Varsity Girls' Soccer team are posted outside Phys. Ed. on the bulletin board. Tryouts will begin next week, please listen to the announcements for those dates. All necessary forms must be signed by your parents and handed in to participate. Go Blue Go!

Bonjour Assumption! Any student who is enrolled in a in Grade 10, 11, or 12 French (from either Semester 1 or Semester 2) can attend the French cultural trip on Friday April 10th. The trip is now available on school cash online. Please pay as soon as possible to secure your spot. Once you have paid, please see one of the French teachers to hand in your permission forms. It only costs \$14!! Hurry and get those forms in! There are limited spaces and it will sell out quickly. Please see member of the French department for more details. Merci!

Popcorn will be available on all lunches TUESDAY, WEDNESDAY AND THURSDAY. 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!

Photo day for those who missed last semester's photo day or are new to our school this semester will be Wed. Mar. 4th! That's this Wednesday! Come dressed in full uniform looking your best. Say cheese!

Any students from grades 9-12 who would like to write the April Waterloo Math contest, please see your math teacher or Mr. Soster by the end of the day on Wed. Mar. 4th.

This Friday, Assumption Crusader Theatre Department is putting on the alluring one act play Fortress. This show has been directed by one of our very own, amazingly talented crusaders and is a show about friendship, family connections, and growth. Learning to let people in and discovering yourself. Join us at Milton District Highschool at 7pm THIS FRIDAY to watch this fantastic show. Tickets are \$12 on school Cash Online. Again that's Friday night, 7pm, Milton District Highschool \$12 on School Cash.

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

MOTIVATION

LOADING...

Leo Tolstoy

"If you want to be happy, be kind."



Dad Joke of the Week

Supervisor: Do you have any special skills

Me: Look, a turtle!



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*

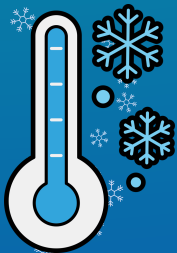


**For More
Information**

**@assumptioncssofficial
gobluego.ca**



WEATHER
REPORT
FOR THE
WEEK



Today	☀️	-12°	—	-3°
Tue	☁️	-5°	—	2°
Wed	☀️	-1°	—	6°
Thu	☁️ 75%	1°	—	4°
Fri	☁️ 80%	2°	—	6°
Sat	☁️ 75%	4°	—	16°
Sun	☀️	4°	—	11°

from the iPhone weather app

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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

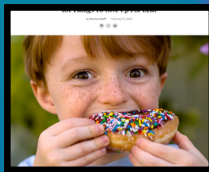


PLUG IN TO YOUR FAITH

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



STATIONS OF THE CROSS



What is

Hippopotomonstrosesquippedaliophobia

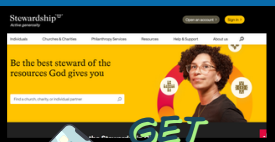
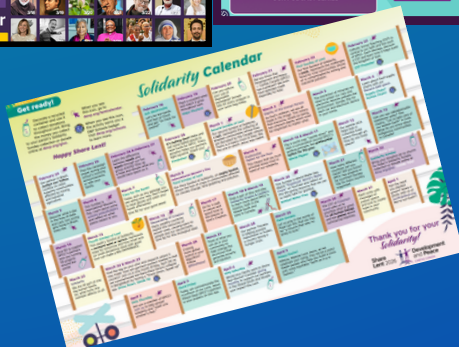
a fear of?



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



Answer to last week's trivia: O-



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

This Lent, I'm Not Giving Up Anything. Instead, I'm Being Honest About My Spiritual Life

March 2, 2026

by Taiwo Adepetun

Taiwo Adepetun

Taiwo Adepetun is a writer whose work explores faith, honesty, and the quiet questions that shape our inner lives. She is interested in how spiritual traditions intersect with everyday experience.



The first year I tried to “do Lent” properly, I gave up chocolate, coffee, and Instagram, and replaced them with a neat, impressive-sounding resolution: I would be more patient. It lasted approximately four days. By the evening of Ash Wednesday, I was already irritated with my roommate, scrolling mindlessly through my phone, and resentful that holiness apparently required me to become a different species. By the end of week one, I had failed so spectacularly that I stopped trying altogether and spent the rest of Lent carrying a quiet sense of spiritual shame: I wasn’t disciplined enough, prayerful enough, or serious enough about God.

For years, that’s how I understood Lent – a spiritual obstacle course where the holiest people win by subtraction. Give up sweets. Give up complaining. Give up social media. Walk around mildly miserable and call it devotion.

But somewhere along the way, I started to notice something unsettling: none of this actually changed me in any deep way. I was still tired, still anxious, still carrying the same unspoken grief I’d started with. Still angry at injustice. Still unsure in my quieter moments whether God was really listening. I had given up chocolate, but I hadn’t told the truth. I think many of us approach Lent like a spiritual diet. We mistake restriction for transformation, as if holiness can be measured in ounces of caffeine avoided or hours of screen time reduced. We treat our souls like a body we’re trying to sculpt: tighten here, cut there, discipline everything into place. But the Christian story has never actually been about perfection. It has always been about truth, often messy, uncomfortable, inconvenient truth. On Ash Wednesday, we don’t receive glitter or gold. We receive ashes. We are reminded that we are dust – fragile, finite, complicated, beautiful – and broken all at once. There is something profoundly honest about that ritual. It does not flatter us. It does not pretend we are fine when we are not. It marks us publicly with our mortality and invites us to look directly at it.

And yet, so often, we rush past that honesty into performance: What will I give up? How will I prove I’m taking this seriously? How will I look holy?

What if Lent wasn’t primarily about what we remove from our lives but about what we finally stop hiding? Last year, instead of choosing something to give up, I tried something terrifying: I chose to tell the truth. I told the truth about my exhaustion, not the Instagram version of “busy,” but the quiet bone-deep tiredness that made prayer feel like an extra chore. I admitted that some days, I didn’t have soaring faith; I had small, stubborn hope and a lot of questions.

I told the truth about my anger, not just the polite kind, but the real kind. The anger I felt scrolling through stories of violence, displacement, and suffering that made me feel powerless. The anger I felt toward people I loved but couldn’t talk to honestly. The anger I felt toward myself for not being “better” by now. At first, this felt almost irreverent, like I was doing Lent wrong by refusing to polish myself into a spiritually acceptable version. But the more I leaned into this honesty, the more I realized: This is precisely what this season has always made space for. Even fasting, when done well, is not about punishment. It is about clarity, stripping away distractions so we can see ourselves and God more clearly. But clarity is only useful if we are willing to look at what it reveals. Lent, then, is not a season of spiritual detox. It is a season of radical honesty. What would it look like to practice Lent this way?

Maybe it means finally admitting the prayer you stopped praying because it hurt too much. Maybe it means naming a grief you’ve been avoiding, a relationship that didn’t turn out the way you hoped, or a dream that quietly died. Maybe it means acknowledging that you are tired of spiritual checklists and longing for something deeper, even if you’re not entirely sure what that is.

Pursuing the path of honesty did not make Lent easier. In some ways, it made it harder. But it also made it real. There is a freedom in honesty. When I stopped pretending, I stopped carrying the weight of my own performance. When I told the truth, I created space not just for myself, but for grace. If Lent is about anything, I believe it is about returning to that reality.

When I stopped treating Lent as a spiritual performance and started treating it like a season of truth, I didn’t see a different God so much as I saw God more clearly, not as a distant judge, but as a patient presence already sitting with me in my exhaustion, anger, and doubt. Transformation, I realized, was never really about what I gave up, but about what I finally had the courage to say aloud.

Poet's Corner

Psalm 139

known
to the bone
and beyond
before
I was born
I was Yours
thrust
into love
I must trust
Your mind
has designed
me divine
where
can I err
from Your care?
why
should I fly
from Your eye:
a gaze
to embrace
what I hate

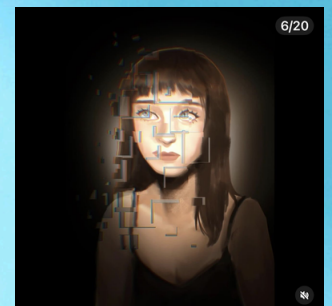
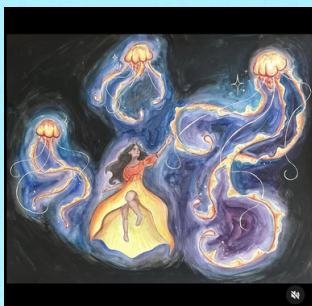
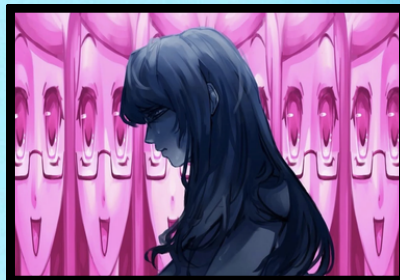
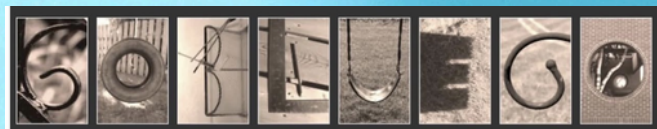
tight
out of sight
in the night
stashed
in the back
of the black
You'll find
in no time
my confines
shaped
in a space
between grace
meshed
with a flesh
that I left
freed
from the sea
so to breathe
vast
the compass
of Your acts.

Greg Kennedy, S.J.
**Reupholstered Psalms III:
The Hard Road Up to
Hallelujah, Psalms 101-150.**
2022.



@assumptioncreatives

crusader 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 - 3rd Sunday of Lent

March 8 - St. John of God

March 9 - St. Frances of Rome

March 15 - 4th Sunday of Lent

March 17 - St. Patrick

March 18 - St. Cyril of Jerusalem

March 19 - St. Joseph

March 22 - 5th Sunday of Lent

March 23 - St. Turibius of Mogrovejo

March 25 - Annunciation of the Lord

March 29 - Palm Sunday

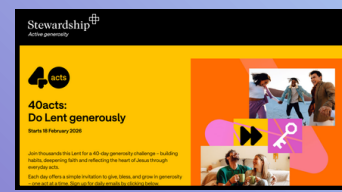
April 2 - Holy Thursday

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.