

Loving God, Creator of all beauty and rest,

We come before You as a community of many faces, many stories, and many paths. As we begin this March Break, we thank You for the gift of time—a chance to breathe deeply and step away from the rhythm of bells and books.

For those seeking adventure: Keep them safe on their travels, whether crossing borders or exploring their own backyards. May they find wonder in Your creation.

For those seeking stillness: Grant them a true "soul reset." In this holy season of Lent, help us find moments of reflection and renewal. To our brothers and sisters observing Ramadan, grant them strength, peace, and the joy of community in their fasting and prayer.

For those who need healing: Be a source of comfort. May this break be a time to mend what is weary and to do the things that truly make our souls sing—whether through art, music, sport, or the quiet company of loved ones.

In our pursuit of personal rest, we do not forget our brothers and sisters across the globe. We lift up a fervent prayer for peace in our world. In places torn by conflict, let there be healing. In hearts hardened by division, let there be understanding. May we use this time to renew our own commitment to being "peacemakers" in our schools, our homes, and our global community.

Bless every student, staff and all our families in our Assumption community.



Protect us from harm, guide our choices, and help us return with hearts that are refreshed and spirits that are kind. We ask this in the name of Jesus, our Light and our Peace. Amen.

LOW-COST OR NO-COST ACTIVITY IDEAS FOR MARCH BREAK!

Visit the library--get a library card if you don't have one already! See what's going on at your local library!

Help a neighbour

Bake muffins/cookies and share them with neighbours

Go to Stations of the Cross (for the Catholics in the crowd)

Help make dinner

Make breakfast for the family

Plan a day of activities for your younger siblings/cousins

Go for a walk/hike with friends (pray as you walk, ie. the Rosary, a conversation with God, the joy of creation...)

Read a book on a different topic that has always interested you

Make a fort in the house with blankets and pillows

Go for a bike ride

Plant seeds in an indoor planter

Draw uplifting messages with sidewalk chalk in the neighbourhood

Volunteer (it's a great time to get your volunteer hours!!)

Visit the Royal Botanical Gardens and walk through their greenhouse

Organize a neighbourhood game of street hockey/basketball/hide-and-seek

Watch your favourite movie

Some Lent things to do:
Watch the movie, "Romero" or "The Mission"--how do the characters experience a change of heart?

Declutter your closet

Have a family game night with cards and board games