

Nurturing our Families of Faith



Ascension and Pentecost Edition May 22, 2020

Welcome to “Nurturing our Families of Faith.” This is a newsletter to support the faith journey of students, staff, and their families across The Toronto Catholic District School Board. We are grateful for the chance to share this journey with you, and we hope this newsletter will be helpful to you as you live out your faith in these challenging times. The month of May is dedicated to, and honours, the Blessed Virgin Mary as an exemplary model of discipleship for us and for our Church. During the month, we take time to pray and reflect on the Mother of the Son of God. This is also a time of hope and new life, when we rejoice in the Resurrection and the Ascension of our Lord, Jesus Christ. A time when Jesus rejoins God the Father in Heaven, but remains with us always, especially during times of doubt, fear and despair. On Sunday May 31, we celebrate Pentecost. It commemorates the descent of the Holy Spirit on the Apostles and other disciples following the Crucifixion, Resurrection, and Ascension of Jesus Christ and it marks the beginning of the Christian Church’s mission to the world.



Nurturing Our Catholic Community Weekly Reflections



Nurturing Our Catholic Community is a department within the Toronto Catholic District School Board. This channel is where you can nourish your heart, mind, and soul. We are so pleased to extend this invitation to each and every one of you, an invitation to gather in prayerful reflection as a TCDSB family during these times of uncertainty and challenge, as we offer our prayers to all those suffering and in need.

[Nurturing Our Catholic Community Weekly Reflection](#)

Catholic Student Leadership

CSLIT presents “Let’s Talk Faith” a student lead bi-weekly spiritual reflection broadcasted on Youtube LIVE. Interact, discuss, and pray with Catholic student leaders across the TCDSB as we explore topics to deepen our faith and strengthen our relationship with God. For more information Click on: [Let’s Talk Faith](#)

A Suggested Prayer Format

✠ Sign of the Cross

1) Brief Introduction:

“During this time of new life and hope, as we celebrate ...(our loving Mother in heaven, Christ’s Ascension into heaven, the descent of the Holy Spirit), we feel God’s loving presence in our lives, and know that God wants us to love God in return. As we listen to the Gospel today, we ask Jesus to help us live each day as his friends and followers” (... or use your own words!)

2) [Readings of the Day:](#)

Read an excerpt from the Scriptures of the day.

3) [Reflection:](#)

Visit the Catholic Daily Reflections Page for some suggestions.

4) [Prayers of the Faithful/Intercessions](#)

5) Our Father/Hail Mary

6) Closing Prayer

✠ Sign of the Cross



[Live Stream Daily Mass or watch online](#) - see page 8 for more mass times/opportunities for mass online

Mother Mary, Model and Teacher of Faith



Mary was a woman created, a woman set apart, a model of humility, chosen to carry the most important life the world will ever know. It was her 'fiat,' her 'yes,' that forever changed the world. Her yes opened the world, and all of us, to 'hope.' She shows us what it means to be open to God, to trust in God, even when the future is uncertain.

Mary Is Our Mother

Through her life, Mary nurtured and cared for Jesus, as most mothers would -- holding him in her arms as a beautiful baby, watching his first steps, his growth into manhood, supporting him in his ministry even to his death on the cross and beyond. And in this time of suffering, Jesus instructs John, and all of us, to take Mary into our hearts and our homes (cf. John 19:26). This is why, when we pray the Hail Mary, we acknowledge Mary's salvific role, and ask her to intercede for us: **"Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."**

It is fitting that Catholics spend time reflecting, praying, and honouring Mary since she inspires us to follow God with the same love, hope, faith, courage and strength!

Resources

Website Articles

Article: [Why is May the Month of Mary?](#)
[Frequently Asked Questions About Mary](#)

Videos

Franciscan Media: [Why is May the month of the Blessed Virgin Mary?](#) (2 min, 37 sec)



Prayers and Liturgies

Series of [Infographics on Marian Devotions](#) with prayers that include:

- * the Hail Mary
- * the Memorare
- * Prayers to Our Lady of Fatima
- * the Rosary
- * Our Lady Help of Christians
- * the Angelus
- * Salve Regina

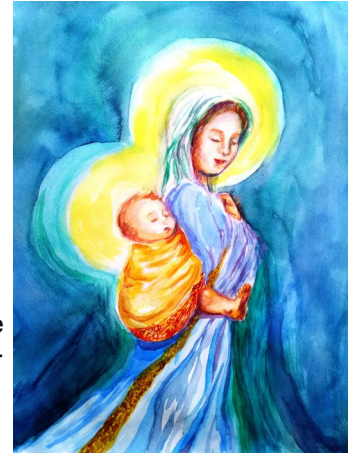
[More prayers honour Mary](#) can be found on *Loyola Press*. They include some of the prayers above, as well as the *Magnificat*, *Hail Holy Queen*, and the *Act of Consecration to Mary*.

[Litany of the Blessed Virgin Mary](#)

[Prayers written by Pope Francis for May](#) - To be said after praying the Rosary

[Mother, Mary of Us All](#) - Liturgy of the Eucharist

[Mother Mary Prayer Service](#) - Liturgy of the Word



Songs

[Magnificat](#) (All That I Am) - David Haas

[Ave Maria](#) - Andrea Bocelli

[Hail Mary with Sign Language Movement](#) - Boyce & Stanley

[Beautiful Mother](#) - Sarah Hart

[Aquí Estoy](#) - Rob Galea and Ivan Diaz (begins in Spanish then moves into English translation)

[Mary Did You Know](#) - Pentatonix

[Hail Mary Gentle Woman](#)

Resources for Children

[Pope Francis Minute: Why We Should Love the Virgin Mary](#) (2 min, 35 sec)

[Why do You Pray the Rosary](#) Video (2 min, 17 sec)

Glorious Mysteries Rosary for Children

[Rosary: First Glorious Mystery, The Resurrection](#)

[Rosary: The Second Glorious Mystery, The Ascension](#)

[Rosary: Third Glorious Mystery, The Descent of the Holy Spirit](#)

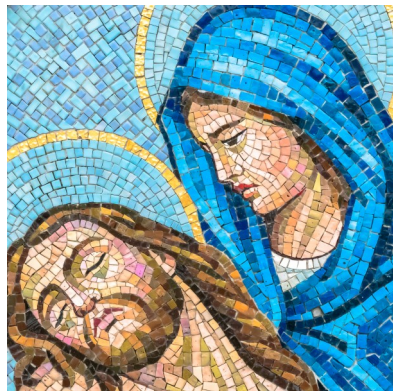
[Rosary: Fourth Glorious Mystery, The Assumption](#)

[Rosary: Fifth Glorious Mystery, The Coronation of Mary](#)

Praying the Regina Caeli with Kids

[A Fun Way to Pray the Regina Caeli with Kids](#) Article

[Regina Caeli for Kids](#) Video



Celebrating and Praying for the Ascension



As Catholics, the death, resurrection, and exaltation of Jesus are the most important events, and a foundation of our faith. This is a time of hope and new life, when we rejoice in the Resurrection and the Ascension of our Lord, Jesus Christ. A time when Jesus rejoins God the Father in Heaven, but remains with us always, especially during times of doubt, fear and despair. Jesus is always with us, giving us courage, strength and hope. And He wants us to go out to proclaim the good news of His resurrection and ascension, because the journey does not end there. It is just beginning - "Go forth, for Behold, I am with you always," he tells his disciples. It is their great commissioning to tell all the world these wonderful things. And we are called to uphold this great commission through our own living witness. He is always with us, giving us courage, strength and hope.

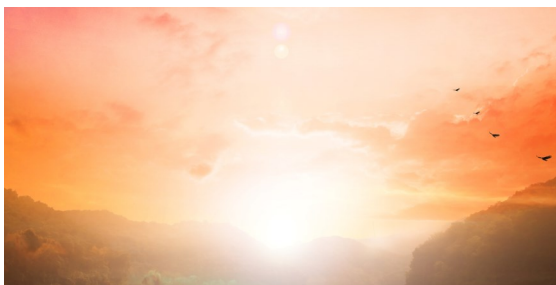
The Solemnity of the Ascension of our Lord occurs forty days after Easter. This solemnity honours Jesus' Ascension into heaven. The Ascension does not point to Jesus' absence, but tells us that he is alive in our midst in a new way. He is no longer in a specific place in the world as he was before the Ascension. He is now in the Lordship of God, present in every time and space, close to each one of us. In our life, we are never alone: we have the Advocate who awaits us, who defends us. We are never alone: the Crucified and Risen Lord guides us.

Prayers and reflections for the Ascension:

[Gospel Reflection for the Ascension](#)

[Ascension Prayer](#)

Also some information video clips on the Ascension from Busted Halo, Ascension Press, Bishop Barron and Salt and Light:



[What is the Ascension?](#)

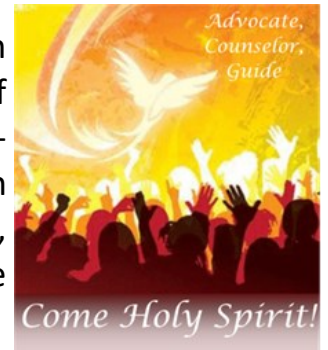
[The Ascension of Our Lord](#)

[Why the Ascension of Jesus Matters](#)

[Solemnity of the Ascension of the Lord: Desire for Heavenly Realities](#)

Celebrating and Praying for Pentecost

One of the most celebrated holidays and feasts in the Christian church is the Pentecost wherein it commemorates the descent of the Holy Spirit to the Apostles fifty days after Jesus Christ resurrected. Pentecost is a Greek word which means “the fiftieth”, the fiftieth is the Greek name for the Feasts of Weeks. In addition to its history, the Feast of Weeks was shown on the prehistoric Israel revealing the giving of the Law on Sinai.



In the present times, Pentecost is also termed by many Christians as the “Birthday of the Church.

Pentecost was mentioned in the First Letter of Paul to the Corinthians. This solemn celebration serves as a reflection of God’s great love for us. Accordingly, the Pentecost was part of Jesus Christ’s promise to his Apostles when he appeared to them after his death. Christ promised them that the Holy Spirit would descend to them ten days after he would ascend to heaven and joined the Almighty Father. During the Pentecost, the Apostles were given the gifts of the Holy Ghost. Through this, they started to preach the Gospel in all different languages that all people can understand. This is the gift of the Holy Spirit.

Excerpt above taken from AgelessHistory.com

Prayers and reflections for Pentecost:

[Gospel Reflection for Pentecost Sunday](#)

[Pentecost Prayer](#)

Also some video clips on Pentecost from Busted Halo, Bishop Barron and Salt and Light:

[Pentecost in 2 Minutes](#)

[The Holy Spirit in the Life of the Church](#)

[Pentecost: The Gift of the Holy Spirit](#)

[Prayer to the Holy Spirit: St. Augustine](#)



Activities / Prayers

(For more information, click the Live Icons Below)



www.pearsoncanada.ca/growinginfaith/student-home

username: GIFGIC_student99
password: Student99

The 'This Week at Home' feature in Growing in Faith, Growing in Christ provides access to liturgical-year activities, songs, videos, and prayers to help celebrate faith as a family.



<https://www.devp.org/en>

**LOYOLA
PRESS.**

A JESUIT
MINISTRY

<https://www.loyolapress.com/>

[Jesuit Prayer App](#)

[Christian Meditation - A Prayer of 3 S's](#)

[Laudate Prayer App](#)

[Be Joyful - A Christian Meditation](#)

[Bible App for Kids](#)

[Holy Bible App](#)



Online Masses/Live Stream Mass Resource List

Catholic TV	http://www.catholictv.org/shows/papal-programming	Daily at 12:30pm EST
St. Michael's Cathedral	https://www.stmichaelscathedral.com/	Daily at 7:30am EST
Salt and Light TV	https://saltandlighttv.org/mass/	Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)
Daily TV Mass (Loretto Abbey Chapel)	https://dailytvmass.com/	
Radio Maria	https://www.radiomaria.ca/events/mass-2/	Monday & Thursday, 12:30 p.m.

Wishing everyone a Blessed Spring!
May the power of the Holy Spirit reign
in you and in all your homes!



**ROOTED
IN CHRIST**

we Belong we Believe we Become

*"Live your lives in him, rooted and built up in him established in the faith...
abounding in thanksgiving." – Colossians 2: 6b-7*

For additional information and resources, please contact us and/or visit us at:

[Nurturing Our Catholic Community, TCDSB](#)

Superintendent of NCC, Safe Schools, and Continuing Education: [Michael Caccamo](#)

Officer for Superintendent of NCC, Safe Schools, and Continuing Education: [Mary DeRango](#)

Religion/Family Life Resource Teachers:

- Areas 1/2: [Audrey Ferrer](#)
- Areas 3/4: [Lisa Malcolm](#)
- Areas 5/6: [Susan HooKong-Taylor](#)
- Areas 7/8: [Azniv Jorge](#)
[Monica Diaz-Greco](#)

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- [Father Obinna Ifeanyi](#)
- [Father Michael Lehman](#)

Catholic Student Leadership:

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YouTube