

ROOTED IN CHRIST

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

we BELONG *we* BELIEVE *we* BECOME

OCTOBER 2020

Nurturing Our Families of Faith



THANKSGIVING EDITION

Some images have links.



**Rejoice always,
pray without ceasing,
give thanks
in all circumstances;
for this is the will of God
in Christ Jesus for you.**

Welcome the Season with Gratitude

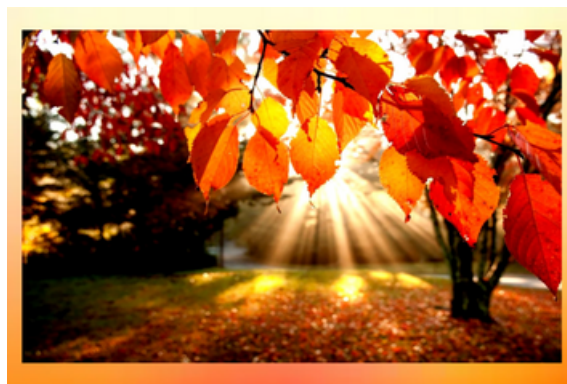
A message from the TCDSB Nurturing Our Catholic Community Team

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 invite you, as we continue through this difficult time of COVID-19, to find space for prayer and to be in the presence of God. We invite you into a Season of Creation and Thanksgiving - to marvel at the beauty of the changing colours and the bounty of the autumn harvest. The shortening hours of light is an invitation to slow down from our busy pace, and settle into a spirit of resting in God, grateful for our blessings.



St. Francis of Assisi, whose feast day is October 4th, reminds us:

Let us celebrate this season of Thanksgiving with an open heart and open mind - to give and to receive. 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.



Celebrating and Praying During Thanksgiving

This is a wonderful opportunity to gather as family. Working together, create a sacred space (e.g. prayer table) in your home with symbols that represent what you are grateful for. In the days leading up to Thanksgiving, add a new symbol every day and offer a prayer of thanks to God.



Explore these websites for prayers you can say together as a family:



[Thanksgiving Encouraging & Inspiring Prayers](#)

[20 Thanksgiving Prayers to Say Around the Table](#)

[30 Thankful Prayers to Say Right Now](#)

A POSSIBLE FORMAT FOR A FAMILY GATHERING

✠ Sign of the Cross

1) Brief Introduction

“During this time of changing seasons, let us reflect on the colours of autumn: Red as a sign of God’s love for us, Orange as a sign of God’s hope like each new sunrise, Yellow as a sign of God’s guiding light, and Gold as a sign of the richness God brings to our lives. Let us be mindful of this as we listen to God’s word.” or Use your own introduction

2) Scripture Reading & Reflection

Choose one or more scripture verses and/or reflections from the following:

[15 Thanksgiving Bible Verses Daily](#)

[The Power of a Grateful Heart](#)

[Thanksgiving Prayer Reflection](#)
(for Season of Creation)

3) Prayers of the Faithful

Choose a leader to read the [intercessions](#) and family can respond.

4) Our Father/Hail Mary

5) Closing Prayer

Choose one from this set of [Jesuit East](#) prayers.

✠ Sign of the Cross



THANKSGIVING GUIDED CHRISTIAN MEDITATION

This guided meditation is based on *Luke 17:11–19*, Jesus' healing of the ten lepers. Use the meditation with your family to help them to reflect on what gratitude means to them.

Quiet down.

Relax.

Let go of all your distractions.

Settle.

Breathe in. Hold. Breathe out.

(repeat twice)

Be still.

Relax.

Let all your worries fly away.

Breathe in. Hold. Breathe out.

(repeat twice)

Imagine . . .

It has been a long journey.

You are tired.

You have been walking with Jesus
and all his disciples for awhile.

You have learned a lot.

Allow yourself to feel exhausted.

As you approach the town you see men

—it looks like ten of them—

yelling at your group from a distance.

Look over at them.

They are lepers.

Hands, mouths, noses, ears
have seemingly disappeared.

Look at them again, but do not stare.

It is an ugly sight.

They cry, "Jesus have pity on us."

When Jesus sees them he walks over
to where they are gathered.

You follow, but at a distance.

Are you scared you will catch it?

He tells the lepers,

"Go present yourself to the religious leaders."

They all depart.

A little while later a man who is a foreigner
comes up to your group,

kneels before Jesus praising God.

You recognize the man

as one of the lepers that Jesus cured.

Watch his jubilation!

Share in it!

Jesus says to the man,

"Didn't I heal all ten of you?"

Where are the other nine?

Why is only the foreigner here
to give thanks to God?"

Think about Jesus' words.

Jesus tells the man,

"Stand up, and go your way;
your faith has been your salvation."

The man gets off his knees and
continues to give praise to God.

Jesus looks at you and asks,

"Why didn't the others come and thank God?"

He continues, "Have you thanked God lately?"

Answer him.

It is time to reenter this space.

Say good-bye for now.

Ask Jesus to lead your way
into the rest of the day.

Say "thank you."

Come back gently.

Open your eyes.

Remember.

Sit up.



FUN FAMILY ACTIVITIES

Be mindful of the blessings in your life using the **Gratitude Prompts** activity card where you can fill in the blanks.



Create a **Gratitude Pumpkin**

All you need are strips of orange and green construction paper, staples, and a Sharpie! As a family, you can fill in the various strips and then assemble the pumpkin. Or, you can each make a pumpkin to express what you are grateful for in this past year!



The **Thanksgiving Gratitude Game** can be played together eating Smarties, Skittles, Gummy bears or any other colourful candy.



Create a **Fall Fingerprint Tree**

This is especially fun for little ones, and is another take on the classic fingerprint turkey. Simply draw an outline of a tree, and have your little one(s) use colourful paints and their creative finger painting skills in order to create the leaves of the tree. An art piece that can be brought out every year and used as a decoration for your Thanksgiving table.



For further activities, please see:

[DIY Thanksgiving Crafts](#)

[Bible Story Printables](#)

[The Crafty Classroom](#)

On these sites, you'll find free printable activities for elementary school students, such as:

- Bible verse and "Thankful Turkey" placemats
- Pumpkin Bible verse cards
- "Thank You God" worksheet
- Picture puzzles
- colouring pages; and more!

WORTH EXPLORING



Christian Meditation – The Prayer of 3 “S’s”



LOYOLA
PRESS.

ONLINE / LIVESTREAM MASSES

Catholic TV

Daily at 12:30 pm EST

St. Michael's Cathedral

Daily at 7:30 am EST
Sunday at 10 am

Salt and Light TV

Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)

Radio Maria

Monday and Thursday at 12:30 pm EST

Daily TV Mass

(Loretto Abbey Chapel)

GIVING OPPORTUNITIES



FOR ADDITIONAL INFORMATION

Visit us at: [Nurturing Our Catholic Community, TCDSB](https://www.nurturingourcatholiccommunity.org)

Contact us at: ncc.team@tcdsb.org



@TCDSB_NCC

Michael Caccamo **Superintendent**
NCC, Safe Schools, and Continuing Education

Mary De Rango **Officer for Superintendent** of
NCC, Safe Schools, and Continuing Education

Religion Family Life Resource Teachers

Audrey Ferrer Susan HooKong-Taylor
Veronica Tuzi Azniv Marie Jorge

Catholic Teacher Centre

Fr. Michael Lehman
Lisa Malcolm

Catholic Student Leadership

Michael Consul

