

REFLECTION AND ANNOUNCEMENTS-SEPTEMBER 6, 2022

SUBMITTED BY	ANNOUNCEMENT-SCHOOL RELATED
Main Office	Welcome back, staff and students of Ascension of our Lord. Please remember, we are community that takes care of each other. Please watch out for each other today. Students you must be in full uniform.
Chaplaincy	Students who helped Ms. Albano last year during Period 2, and 4, can you please come to my office to say you are still here.
Guidance	Students wishing to make an appointment with guidance please book your appointment online through the website or scan the code on posters hung around the school.

Dear God, we acknowledge that the land on which we gather is part of the Treaty Lands and Territory of the Mississaugas of the Credit. We acknowledge and express gratitude to the Mississauga's of the Credit First Nation of the Anishinaabek Peoples who continue to share their ancestral lands with us.

In the name of the Father, Son, and Holy Spirit. Amen

A reading from the Book of Psalms

“Let the faithful exult in glory; let them sing for joy upon their couches; Let the high praises of God be in their throats. This is the glory of all his faithful. Alleluia. The Lord takes delight in his people.” (Psalm 149)

Good morning Ascension of our Lord staff and students. As we begin today, let us stop whatever we are doing. I guarantee you, it will help for those feeling nervous, anxious, excited, and tired so you can focus and bring yourself to a state of calm. Also, when I mean stop, that means putting your phones away, closing your computer screens, dropping pencil or pen, or shuffling through papers. Why? Again, it will help to refocus and let your heart and mind find quiet and balance. Also, take this moment to stop side conversations and other things to distract you. Why? Every worry or concern you're to do list will be there in the next five minutes. Every thought or idea will be there if it is important.

Why did I ask you to do all these things? One, in our daily routine, there is someone who encourages you and has the expectation of you to take a break, catch your breath, and to self-reflect and let go of the excess feelings of worry or anxiousness. Two, every morning this is the routine at Ascension of our Lord, where even in our classrooms, we can collectively reflect and pray together. And third, the most important reason, we give thanks to God for the blessing of each day ahead, especially today being the first day of school. The day to restart and set goals, to leave our past mistakes behind, and start a new chapter of our lives. My guess in all the hustle and bustle to get here on time, to be in uniform, or have a plan to execute our lesson plans, some of us may have forgotten to give praise and thanksgiving to God. So, if you still haven't done as I requested, please take this moment, take a deep breath, close your eyes, if you want, and say, “Thank you God.” After, pray for what you desire for the year ahead. (moment of silence)

Let us pray that each member of the Ascension of our Lord community feels safe and welcomed this year. May each student reach their potential. A special prayer for those in our community who have family and friends in Pakistan as they deal with unbelievable floods, and for the families in Saskatchewan dealing with the loss of life, innocence and safety after the brutal attack of two men on their community, and for a conversion in the attackers to seek forgiveness from those they have harmed. For peace in Ukraine. I pray you remember that of



course may the word of Jesus at the Ascension, resound in your heart and lips, “remember I am with you always till the end of days. Amen. In the name of the Father, Son, and Holy Spirit. Amen.