

## ANNOUNCEMENTS AND REFLECTION SEPTEMBER 9, 2022

SUBMITTED BY	ANNOUNCEMENT-SCHOOL RELATED
Chaplaincy	Ms. Albano is looking for the artistic, the computer savvy, and brave helpers. Why? Throughout the year, Ms Albano needs helpers to help with various projects or events during the school year. If this is you, please come talk to Ms. Albano in her office. Where is her office? Front of the school. If the door is open, she's in her office. Come drop by and if not, eventually you will see her in the halls.
Vu-Volleyball	Varsity/Senior Boys Volleyball is back!!! Any boys interested in playing on this year's varsity senior boys volleyball team are asked to sign up on the list posted outside room 318. Also, please go see Mr. Vu during 3C lunch or after school in room 318 for a permission form to participate in tryouts. Tryouts will begin sometime next week.
Cook	Girls Varsity Flag Football: For those interested in playing Flag Football this fall, please come see Mr. Cook in the Guidance Office during lunch 3A and 3C today.

### DAILY REFLECTION

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 First Letter of Paul to Corinthians**

***“Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one.” (1 Corinthians 9:26)***

We made it. A week of school down. Don't forget, a school year is a marathon and not a sprint to the finish. So, take a breath, look back on the last four days, and give thanks to God for surviving, thriving, and excelling. For some, we may not see the blessings for these few days, but in time, we will see those fruits. Stay focused and always ready to learn and work. For the students, don't forget your school work are the building blocks to excel in every test, assignment, and exam that is to come.

This is what St. Paul tells us today regarding faith. Our faith in God is a race to get back to him. Consider how any athlete becomes the best in their sport. The Steph Curry, Leylah Fernandez, Kapil Dev, Valdamir Guerrero Jr, Hayley Wickenheiser, or Cristiano Ronaldo's are not born to be great in their sports, they work at it through sacrifice, disciplined diets, and training, for years so to be the best and win something that is only worth something in this world. Think of the life of Queen Elizabeth the Second who lived her life in pursuit of this goal. Think about how in her late twenties, had to sacrifice her youth and dreams to govern a commonwealth, who through her ups and down, stayed the course, knowing her duty and service was to her people, who valued her faith as a means to guide and discern between her duty and personal life. Imagine, if we place that same effort in our daily lives, especially in one's faith, the prize is to return to God. Ask yourself? Do you place the effort of an elite athlete or like Queen Elizabeth who was still serving her people a day or two before her death, into your school work? Your job? Ministry? And most importantly, in your relationship to God.

I pray you may see the many blessings God has given to you this week. Keep investing in yourself by keeping up with your school work, and in your down time, remember to take a walk or spend time with family, to see God is in every aspect of your life. May Queen Elizabeth the Second rest in peace and keep praying for those suffering around the world and for peace in Ukraine. I pray you remember the words 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