



Father Michael Goetz Secondary School

WEEKLY NEWSLETTER

May 21, 2020

'Take a Risk... Get Involved... Be Committed'

Volume 4, Issue 9

Greetings to the Goetz Community!

The other day we heard the sad news that the school closure has been extended to the end of the year. While no doubt it was the correct and expected decision, it was still difficult to hear that we wouldn't be together for the end of the year. My heart especially goes out to our graduating students. Please rest assured that we will do our utmost to express the congratulations they so richly deserve. For the rest of us, we have already started looking toward next year with course selection, new uniform info and hoping that our school will be recognizable in the fall! Please see below for information regarding many of these issues. Stay safe, stay focused and enjoy the warm weather. God Bless,

Mr. Coccimiglio

A Message from Our Chaplain ...

'Spiritual First-Aid' for our times

Throughout this time of isolation I've had my fair share of feeling angry and frustrated because of the limitations in doing my ministry as Chaplain and as a Deacon in the Catholic Church. I've also felt the sadness of not being able to worship at Church. What has helped me is a very practical reflection entitled **'Spiritual First Aid for a Virtual Community: Stronger Together While Physically Apart'**, shared by Dr. Josephine Lombardi, Catholic Speaker, writer, Professor of Theology, Field Education, and Director of Lay Formation at St. Augustine's Seminary, Toronto. What she proposes in her reflection is not meant to replace the celebration of the sacraments or the need for mental health resources/counselling. If you are experiencing mental health distress please contact your physician or the mental health service agencies readily available. She describes **'Spiritual First Aid'** as *"the help given to a discouraged person until the fullness of our Church experience returns, including the reception of the sacraments, daily and Sunday worship."*

She uses **VICTORY** as the acronym for *'Spiritual First Aid'*. Here's a brief synopsis of what each letter represents: **V** is for **Vent**: research shows that it is healthy for us to express our feelings in a safe context with a safe person. **I** is for **Investigate**: *"...your thoughts and examine your fears. Sometimes fear keeps us from being rational and perceiving correctly. Whenever you feel afraid, try to discipline your thoughts and focus on love or expressing love to someone in need."* **C** is for **Christ-centred connection**: we're in the storm and Jesus is in the boat with us. **T** is for **Truth, goodness, and beauty**: *"...these are the attributes of God's being. When we encounter truth, goodness and beauty we encounter God."* **O** is for **Orare**: Latin for "to pray." *"We pray that God's will be done. God's grace will help us manage each day, reminding us that not every day, week, month, or year will be like this one."* **R** is for **Read widely**: *"take some time for spiritual reading and study."* **Y** is for **Yield** to God's will. *"Surrender all your concerns in His divine providence. Trust in God's will and power to protect us. Surrendering ourselves to God helps us focus on being grateful for all the blessings in our lives."* Amen.

STAY STRONG, GATORS

ATTENTION GR. 12 GATORS!

Send Your Yearbook Quotes
ASAP to
goetzquotes2020@gmail.com

Deadline is JUNE 1

FULL NAME is **Subject** Heading
35 Words **MAX**

WE'RE IN THIS TOGETHER!

McCarthy's is Now Selling ALL NEW Goetz Uniform items!

To purchase you MUST pre-Register at

www.mcarthysuniforms.ca

All previous uniform items ARE STILL OK!!



Grade 12s are Welcome Back for Year 5!
Contact your Guidance Counsellor ASAP!!

THINKING ABOUT SUMMER SCHOOL?

- Registration deadline is Thursday, June 11th at noon.
- Registration deadline for Summer eLearning is Thursday, June 11th at noon.
- You can register for **either** Summer School **or** Summer eLearning – **not both**.

Information and forms are available on the DPCDSB website. Links are found on the FMG website and in the guidance counsellors' Google Classrooms

To get to email Go to <https://students.dpcdsb.org/>

OUR CENTRAL E-MAILBOX:

FatherMichaelGoetzSecondarySchoolInfo@dpcdsb.org

OUR MONITORED VOICEMAILBOX:

[905.277.0326](tel:905.277.0326)



Do You or Your Child Need Emotional Support in These Trying Times? Try These Agencies:

Peel Children's Centre Crisis 24/7:	905.410.8615
CMHA for Crisis (for those over 18):	905.278.9036
Kids Help Phone	1.800.668.6868
	or Text 'Connect' to 686868
Crisis Outreach and Support Team (COAST)	289.748.0123
Hospital Emergency	911
Good2TalkConfidential Helpline 24/7/365:	1-866-925-5454
LGBTYouthLine:	1-800-268-9688
Black Youth Helpline:	416-285-9944
Where to Start-Teen Mental Health Intake	905-451-4655
Rapid Access Medical Clinic	905-897-8928
http://www.tangerinewalkin.com/	https://handuptoronto.org/