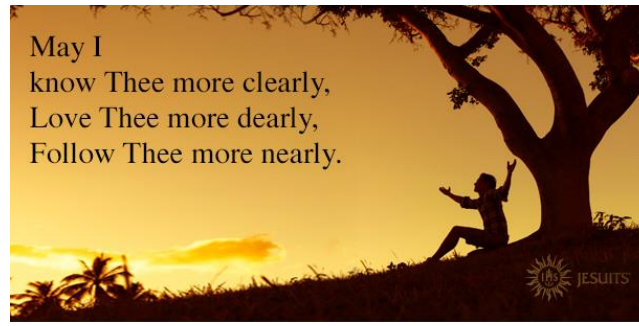


**Sneak Peek**  
**April 20**



May I  
know Thee more clearly,  
Love Thee more dearly,  
Follow Thee more nearly.

*Now all things have been filled with light, both heaven and earth and those beneath the earth; so let all creation sing Christ's rising, by which it is established.*  
*-St. John of Damascus-*

Hi everyone. We continue to hold all of you in our prayers.

Just a few reminders:

1. Please email prayer intention requests to me at [paul.mantha@cdsbeo.on.ca](mailto:paul.mantha@cdsbeo.on.ca) and I will include these in the following Sneak Peek so our entire community can pray for you and/or your family or friends.
2. **New Theme Days.**  
Please submit your photos and videos either by tagging us on Instagram (stfrancixavierbrockville); direct messaging me through Instagram or emailing me your content. Each day can become a celebration of all the things that make us great. Feel free to email me Theme Day ideas and we will incorporate these the following week.
  - a. Monday Memories (tell/show about a favourite memory from SFX)
  - b. Talent Show Tuesday (show off your talent)
  - c. Witty Wednesday (share a joke or riddle)
  - d. Thursday (dig out an old picture of yourself, your family, friends)

- e. Fancy Friday (dress up in your fanciest clothes; prepare a fancy family dinner, send in some pictures to show how it turned out)

Here are a few suggestions to keep in mind as we get through this together:

- refer to the CDSBEO website for ongoing updates around COVID 19 and the Learning At Home initiatives.
- follow us on Instagram where you will find us at stfrancisxavierbrockville.
- Watch for Sneak Peeks in your email inbox.

Should your email change or you have questions, please let me know through my email address, paul.mantha@cdsbeo.on.ca. If you are experiencing some form of extreme hardship and cannot find help, please reach out through my email address paul.mantha@cdsbeo.on.ca.

The entire staff of SFX misses all of you terribly and looks forward to being with you again soon. Until then, please consider joining us on Instagram at stfrancisxavierbrockville.

Many blessings,  
Your Principal  
Paul



Français

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## Support for Families

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The Ministry of Education is providing financial support to parents to assist with the costs of educational resources during school and child care closures as a result of Ontario's declared emergency to stop the spread of COVID-19.

Parents are eligible for a one-time per child payment of:

- \$200 for children aged 0-12, or
- \$250 for children with special needs aged 0-21.

Parents/guardians must submit **one application per child. Only one parent / guardian may apply for each child.** The parent / guardian who applies should have custody of the child.

<https://www.iaccess.gov.on.ca/FamilyAppWeb/public/index.xhtml>

## Prayers for the Week

**Prayer for the week of April 20-24, 2020.**

### **Prayer 1**

Let us begin with the sign of the cross.

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

Let us pray:

Lord God,

Help us to live out our Easter hope this day.

Give us the eyes of faith that we may believe in Your Resurrection. Help us to know the effects of Your triumph in our lives.

As we come to know You, may we give to You all that we are, and all that we hope to be.

Help us to trust in the abundant Mercy that flows from the life-giving sacrifice of Your Son.

During these difficult times, help us to do the very best we can in all that we do.

Let us never get so caught up in the worries of life that we forget to see the positive in ourselves, for we are an Easter people.

We ask this prayer in the name of Jesus, the Lord. Amen.

Please join in praying the Our Father:

**Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.**

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

### **Prayer 2**

Let us begin our prayer with the sign of the cross.

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

Let us pray:

Lord God, in a world of change, we thank you for your immutable presence.

In a world of doubt, we thank you for hope.

In a world of darkness, we thank you for your Son Jesus.

In a world of compromise, we thank you for your teachings.

In a world of confusion, we thank you for your peace.

During these unsettled and uncertain times, grant us peace, Lord, today and always.

We ask this prayer in the name of your Son, Jesus. Amen.

Please join in praying the Hail Mary:

**Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

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

### **Prayer 3**

Let us begin with the sign of the cross.

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

Let us pray:

Heavenly Father, creator of all things,

Help us today to feel your Divine Mercy in our lives.

Help us to keep our dreams alive and our ideas burning bright.

Help us not to give up no matter how down we may feel.

Help us to have faith in others and faith in you.

Assist our work on behalf of others and help us to accomplish our goals in these difficult times.

For, Lord God, nothing is impossible if we have faith and hope in you.

We ask this prayer in the name of your Son, Jesus. Amen.

Please join in praying the Glory Be:

**Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.**

#### **Prayer 4**

We begin our prayer with the sign of the cross.

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

Let us pray:

Lord of Mercy, this week we celebrate your Mercy, poured out in a special way on Divine Mercy Sunday.

Help us to open our hearts more deeply than ever before to the abundance of grace and mercy You wish to give us.

During this challenging time, pour forth Your Mercy into our lives and into the lives of our students.

Lord God, be with us today, guiding us and inspiring us. Help us feel your presence.

Today help us to see the things that truly matter and to know that you are always with us.

For we are never truly alone.

We ask this prayer in the name of Jesus your Son. Amen.

Please join in praying the Hail Mary:

**Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

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

## Prayer 5

We begin our prayer with the sign of the cross.

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

Let us pray:

Most merciful Jesus,

You are all-knowing. Nothing is beyond Your sight.

You are all-loving. Nothing in our lives is beyond Your concern.

You are all-powerful. Nothing is beyond Your grace and merciful forgiveness.

We thank you for the life you have given us.

We thank you for the tomorrows during which there will be happier times.

We thank you for our families and friends and our many blessings.

We thank you for those things which challenge us and help us grow.

We thank you for your Divine Love which shows us that there is no obstacle we cannot overcome.

We ask this prayer in the name of your Son, Jesus. Amen.

Please join in praying the Our Father:

**Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.**

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



of Upper Canada

April 17, 2020

Girls Inc is going ONLINE!  
Thanks to generous funding from the United Way's COVID-19 Response Fund we have been able to roll out creative, engaging and accesible program opportunities for girls in Leeds & Grenville!

Stay connected and participate in Girls Inc. programming at home! Fun activities, games and friends are waiting for YOU starting Monday April 20th!



Join Kim on Facebook live for **Strong, Smart and Bold Story Time** Tuesdays and Thursdays 3pm



@GirlsIncUC

**Weekly 'ZOOM IN'**  
Girls will connect with a program facilitator and peers in a safe online group once a week. Registration is required. Please contact Kim at [kim@girlsinc-uppercanada.org](mailto:kim@girlsinc-uppercanada.org)

More **Strong, Smart and Bold Activities** available on our Facebook, Twitter & Instagram pages

Learn about funding that families can apply for if they have children who are not in school or child care because of coronavirus (COVID-19). Find out if you are eligible and how to apply.

[www.ontario.ca/page/get-support-families](http://www.ontario.ca/page/get-support-families)



One of the things we know about times of crisis is that sticking to a routine is crucial to our own mental health. So, we've put together 10 tips on how to maintain a routine of kindness during difficult times:

1. Maintain a sleep schedule and manage your hygiene. This may be difficult for those working on the front lines, but remember that [sleep is critical to wellness](#). Getting enough (continuous) sleep is so important! Keep up with your hygiene habits. Get showered, brush your teeth, wash your face, wear something other than pajamas (even though they are so comfy!) and include bright colors in your daily wardrobe.
2. Do good for others! When we help others and increase altruistic behavior, we are doing good for ourselves. There is a LOT of evidence about the [science of doing good](#) and why it benefits our own health. Make sure that while you're taking care of yourself, you're doing what you can to support others.
3. Get outside. Go for a walk. Play frisbee. Plant some flowers. Try to go for at least 30 minutes. If you can't go outside, open the windows. Get fresh air and sunshine. [Vitamin D](#) is so important to our physical and mental health. Soak up some rays!



4. Connect with others. Use your phone or platforms like FaceTime, Skype or Zoom to talk with family and friends. Share how you're feeling and actively listen to others when they share how they are feeling.
5. Spend a little extra time with your children and/or pets. They may be confused and/or scared. This is a great time to build stronger connections with those around you. Looking for ideas for things to do with your kids? Did you know we have a [curriculum](#) that has all kinds of great ideas and activities? Check it out and adapt the lessons for use at home! And, it is SO IMPORTANT to [keep kids on a schedule](#) as well. Let your children help with creating a daily schedule that includes academics, exercise, creative time, quiet time and time to connect with friends.
6. Drink lots of water! Eat healthy. Often, during stressful times we over-indulge and don't maintain a healthy diet. Use this time to re-evaluate your diet and [try new recipes!](#)
7. Develop a self-care plan for yourself. Consider strategies that are proven to work well for many. Listen to music you love, burn a candle that smells good, write in your journal or read a book. When was the last time you colored something? Get out the crayons and colored pencils and [color a picture!](#) Take a long warm bath. Start a craft project. Organize a room. Whatever feels good to you... do it and pat yourself on the back for taking care of yourself.
8. Be kind. Everyone is doing their best right now. It is easy to be judgmental of how others are handling this challenging time, but know that we all operate a little differently. Offer a bit of grace to others during this time. Notice all the good things happening in the world right now. There are a ton of great things... just do a search online for "good news during Covid-19" and you'll find a lot!
9. Find a reason to smile every day. In fact, find a way to generate a [good hearty belly laugh](#) every day. It does a body good.
10. Be grateful. There is SO MUCH to be grateful for right now. Practicing [gratitude builds resilience](#) and helps us through the toughest times. Find three things every day that you are grateful for and write them down. Put the lists in a jar and look at your lists months from now to remind you of all the little reasons you were able to get through this period.

We can do this if we keep a routine of love, laughter and beauty at the forefront.