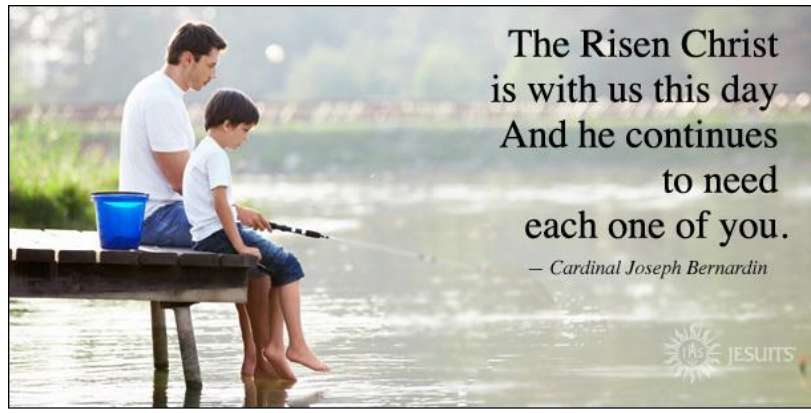


Sneak Peek
April 27



May Jesus the Christ, Our Lord, be forever the sole possessor of our hearts, as he will be, if we love and seek only him in all things.

-St. Marie of the Incarnation-

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

Just a few reminders:

1. **[Dieleman's fundraiser.](#)** Our fundraising items will be delivered to my home next week then I will let families know which day we will arrange for pickup of orders. Right now, I am thinking Saturday April 11 from 9-11. I will keep families posted.
2. Please email prayer intention requests to me at 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.
3. **New Theme Days.**
Please submit your photos and videos either by tagging us on Instagram (stfrancisxavierbrockville); 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 on Mondays.

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](https://www.instagram.com/stfrancisxavierbrockville).

Many blessings,
Your Principal
Paul

Christian Meditation

One of the [Ontario Catholic School Graduate Expectations \(OCSGEs\)](#) is giving students the foundation to develop into "A discerning believer formed in the Catholic faith community who celebrates the signs and sacred mysteries of God's presence through word, sacrament, prayer, forgiveness, reflection and moral living".

In a world bombarded with noise, stimuli and a message to keep busy, we feel we can enhance our children's opportunity to achieve this expectation through the teaching of various forms of prayer, including Christian Meditation.

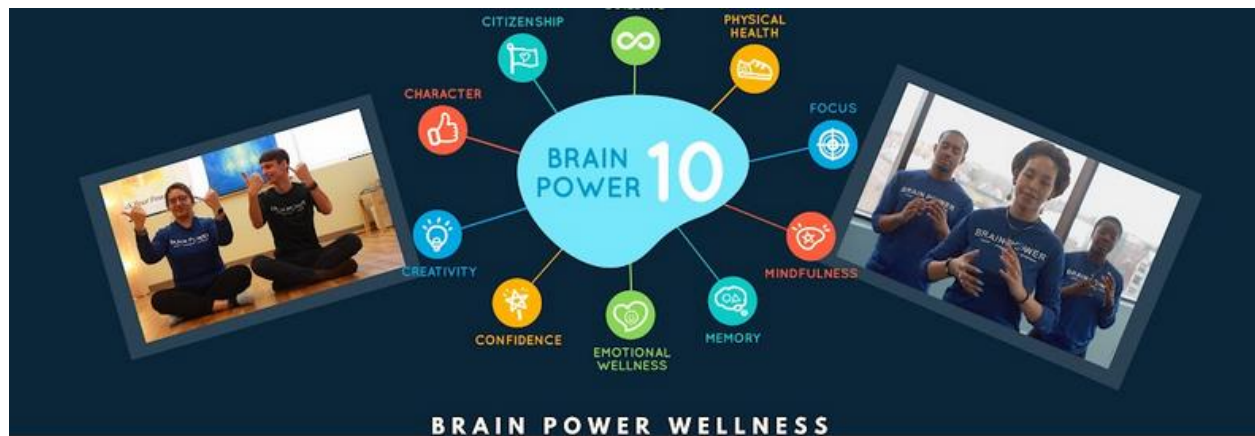
Christian Meditation is a prayer form that dates back to the very beginning of Christian tradition, and was practiced and written about by many of our beloved saints. With the support of our Bishops and the [Institute for Catholic Education \(ICE\)](#), Catholic schools are introducing this type of prayer to our students.

In Christian Meditation, we open ourselves to the presence of the Spirit of Jesus active in our hearts, our lives and all of creation. It helps us gain first-hand experience of God's love for us, and is recognized as helping those who experience it grow in the fruits of the Spirit: "love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control" –as described in Paul's letter to the Galatians. (Gal 5:22)

Christian Meditation Resources

[Christian Meditation Opening Prayer](#)

[Christian Meditation Monograph](#)



[Videos to get the kids up and moving](#)