

## Sneak Peek

May 4



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

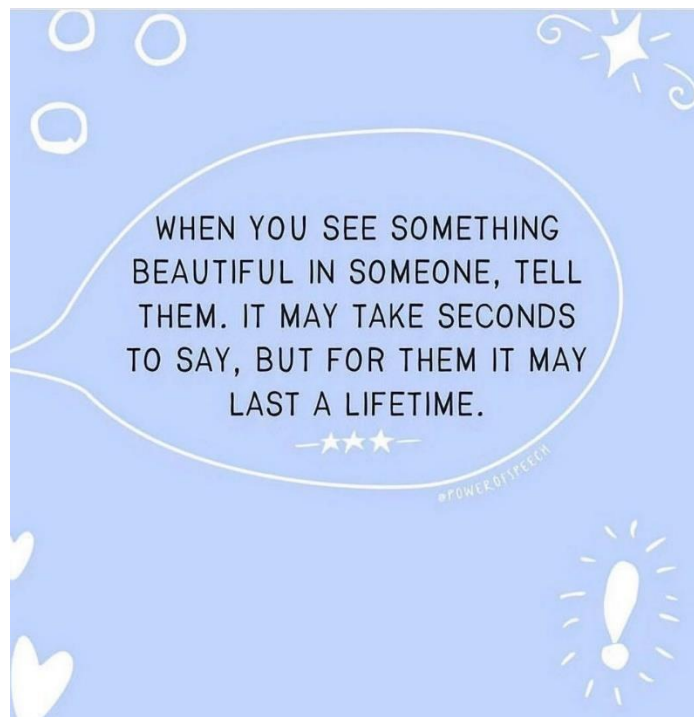
Exciting week coming up:

1. **[Dieleman's Fundraiser.](#)** Pick up of Dieleman orders will take place Saturday May 9 from 9-11.
2. 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.
3. **New Theme Days for Catholic Education Week.**  
A School Messenger email will arrive in your inbox each day during CEW with information about the theme of the day.  
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 of the week will have a sub-theme:

1. Meditative Monday
2. Tranquil Tuesday
3. Water Wednesday
4. Thankful Thursday
5. Fun and Faith Friday

Mass Live Streamed from  **ST. MICHAEL'S CATHEDRAL BASILICA**  
THE CATHEDRAL CHURCH OF HIS EMINENCE THOMAS CARDINAL COLLINS  
ARCHBISHOP OF TORONTO on Wednesday, May 6  
at 10am. Let's join together in faith for this wonderful opportunity to share  
prayer with our entire Catholic School community.



# St. Francis Xavier

## Defeat Depression Fundraiser



St. Francis Xavier will be launching its Defeat Depression Campaign next Wednesday May 6 at 2pm.

You are invited to join Mr. Mantha on his Walk on the Waterfront on Instagram live at our Instagram page [stfrancisxavierbrockville](#).

Every Wednesday for 4 weeks you can join staff members in our virtual Defeat Depression activities.

Here's a list of what you can enjoy with us as we fundraise together:

Wednesday, May 6 at 2pm	Mr. Mantha Walking on the Waterfront
Wednesday, May 13 at 2pm	Mrs. Macbeth Wiggle Wednesday
Wednesday, May 20 at 2pm	Mrs. Donovan Workout Wednesday
Wednesday, May 27 at 2pm	Wrap Up Wednesday with Mrs. Donovan

Donations to help us meet our school goal of \$200 can be shared through School Cash Online or at the Defeat Depression Website at [Make a Donation Here](#) .

Funds raised will be directed to  
Children's Mental Health of Leeds and Grenville.

Thanks for your support!



## Activities of Hope for Students & Families

Each day, we can do simple activities, individually or as a family, to act on the hope that dwells within us. These are suggestions for simple activities to reinforce hope for ourselves and others.

- Create a fancy message of hope in chalk on your driveway or sidewalk for passerby to read, or create a poster to put in a window.
- Write a postcard or note of thanks for frontline healthcare workers and drop this in the mailbox for a local hospital.
- Bake cookies and deliver them to your neighbourhood grocery store for workers to share.
- Make cards or draw pictures for seniors in your community.
- Music makes us happy. Create a playlist of happy music. Play this in your backyard, or if you are able, send it to a family member who you miss.
- Make a video or recording, singing a favourite hymn. Send this to your parish priest. He needs support at this time.
- Look in your bible or go online to make a list of psalms that give hope.
- Write an acrostic poem about HOPE... H is for Happiness, O is for Ongoing, P is for ... etc.
- Write words of hope on index cards or paper and hang them from a tree in your yard for others to read.
- Go for a walk past your local parish. Stop in front of your church and say a prayer for your faith community.
- Look through a newspaper for stories of hope and talk about the stories.
- Put messages of hope on social media.
- Plant some seeds in the ground. When they bloom, they will give hope.
- Phone your grandparents and tell them you love them.
- Offer a hug to a family member in your house.



#GetLoud

about what **MENTAL HEALTH** really is.

## 16 strategies to help you thrive

We all deserve to feel well and to thrive. In order to get there, the first thing to keep in mind is that we ALL have mental health to protect, promote and celebrate. Just like with our physical health. Secondly, we need to ask ourselves: are we actively taking care of our mental health? And what can we do to turn it around when we're not feeling our best?

These sixteen strategies are based on sound science. Try one of these strategies each day and reflect on how they impact your mood and sense of well-being. Keep stock of which strategies make the biggest impact and keep them in your back pocket to boost your mental health on the bad days, and on the good ones too.

### 1. Starting the day off fresh

It's a brand-new day. Take a deep breath. Fill your lungs with cool outdoor air as you start your day. Repeat this at lunch and when you arrive home... keeping in perspective that we can make a conscious choice to slow down and just breathe throughout our day.

### 2. Focusing on the positives

Write down 3 things that went well today. What was your role in it? Do this before you go to sleep and reflect on the good things of today. Being grateful can enhance your mental well-being.

### 3. Getting outdoors

Play with your kids, your pet, your friends or you family. Take a moment to just play, move unwind. As far as your mental health is concerned, there is no such thing as too much play!

### 4. Seeing the bigger picture

What is meaningful to you? Do you want to make a difference in your community? Jot down one thing you can do today to make that difference. Volunteer? Check on your neighbor who lives alone? Get involved in a community organization whose mission you support. Choose something and go for it.

### 5. Treating yourself

Enjoy something you usually deny yourself. Really experience the taste, smell and texture. Be mindful of all your senses as you enjoy this treat! Now share some with a colleague or friend with a little note saying, "Enjoy, you deserve it!"

## **6. Embracing culture**

Reflect on your heritage. What part of your cultural roots do you celebrate? Is it specific traditions or celebrations, foods, faith or spirituality? Embrace your uniqueness and your history as a valuable part of who you are. You may want to do an exchange with someone who celebrates a different culture.

## **7. Being active**

Head out to a local park or activity centre. Take your friends or meet new ones there. Bring along your frisbee, balls and your favourite snacks. Did you know being active and connecting with others has real health benefits, including for your mental health?

## **8. Using your personal resources**

What or who has helped you through difficult times in the past? Make a list. Now, add things you do for your yourself! Keep this list for the next time you might need it. We all have difficulties from time to time but knowing what helps us can make a difference in how quickly we get through it.

## **9. Learning**

Go online. You can learn how to do just about anything on Youtube. Or got out in the world and take that course you've meant to try.

## **10. Finding meaning**

Want to get in touch with a sense of your purpose? What excites you? What do you feel passionate about? How can you get more involved in what is important to you? Think about this throughout your day.

## **11. Enjoying yourself**

Spend ONE hour today doing what YOU want... what was that like? How do you feel now? Taking time to re-energize allows you to continue to be your best in other areas of your life.

## **12. Connecting**

Call a friend or someone you like and arrange to meet. Spending time with people can actually boost our immune system and our mental health!

## **13. Disconnecting**

Really? Yes, to stay connected you need to disconnect. Turn away from your screens. Turn off all electronics for one hour today (cell phones, television, computer, video games). Do something that you haven't done in a while – read a book, write in a journal, play an old-fashioned board game, or visit a friend. Enjoy this time without any interruptions.

## **14. A moment just to rest**

Give yourself a moment to just close your eyes and let go of your thoughts. This might lead to a few minutes – or more – of mindfulness meditation. (Check online for easy instructions!) This is time for you and only you.

## **15. Time out to breathe**

Take three minutes to focus on your breathing. Get comfortable in your chair (legs uncrossed, arms relaxed by your side). Inhale slowly through your nose (or mouth), count one, two, three; completely fill your lungs. Hold your breath – pause, then exhale through your mouth. Repeat this process for a few minutes and focus on how relaxed you are.

#### 16. Nature

Take a walk in a natural setting and take in the sights and sounds, perhaps the bird songs, the squirrels scurrying, footprints on the ground, or the texture of the tree bark. Re-connect with the natural world around you!

Now that you've tried out some of these strategies, how do you feel? Which strategies are your favourites? Which made the biggest impact? Are there other strategies you use that aren't on this list?

Let us know what you think! Share your experiences with us on social media.

*Adapted from a list created by the [Winnipeg Regional Health Authority](#).*

## Catholic Education Week Read Alouds

Emmanuel's Dream

<https://www.youtube.com/watch?v=47m4zaAttbl>

Emeline the Cat

<https://www.youtube.com/watch?v=Lm1jmfq5W7Q>

Butterflies Under Your Hat

<https://www.youtube.com/watch?v=a0u1REun9Hs>

Ordinary Mary's Extraordinary Deed

<https://www.youtube.com/watch?v=xVSrz-5ps7g>

I Am Human

<https://www.youtube.com/watch?v=X9RxO3HG9bM>

Ada's Violin

<https://www.youtube.com/watch?v=lyYpq0PRJhw>

# Quotes for Igniting Hope

## Our Hope in Christ

*Lord, make me an instrument of thy peace. ~St. Francis of Assisi*

*Clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other, and forgive one another. ~Colossians 3:12*

*My hope is in you. ~Psalm 39:7*

*Hope in God. ~Psalm 42:5*

*On him, we have set our hope. ~2 Corinthians 1:10*

*Christ in you, the hope of glory. ~Colossians 1:27*

## The Hope Within Us

*Consult not your fears, but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself, not with what you have tried and failed in, but with what is still possible for you to do. ~Pope John XXIII*

*My soul waits, and in his word, I hope. ~Psalm 130:5*

*Rejoice in hope, be patient in suffering. ~Roman 12:12*

*The God of hope, fill you with all joy. ~Roman 15:13*

*Hope make me possess you. O Eternal Happiness of our minds and bodies; to see and feel you in the center of my heart, O Blessed Life and ineffable sweetness of my soul. ~St. Augustine*

*To lovers of the truth, nothing can be put before God and hope in him. ~St. Basil*

## The Hope Among Us

*All the great spiritual leaders in history were people of hope; Abraham, Moses, Ruth, Mary, Jesus, Rumi, Gandhi, and Dorothy Day, all lived with a promise in their hearts that guided them toward the future, without the need to know exactly what it would look like. Let's live with hope. ~Henri Nouwen*

*Hope has two beautiful daughters; their names are anger and courage. Anger that things are the way they are. Courage to make them the way they ought to be. ~St. Augustine*

*We want to create hope for the person; we must give hope; always hope. ~St. Teresa of Calcutta*

*Now faith, hope, and love abide. ~1 Corinthians 13:13*



## **Hope for the World**

*This is what the Lord asks of you; only this, to act justly, to love tenderly, and to walk humbly with your God. ~Micah 6:8*

*Love bears all things, believes all things, hopes all things, endures all things. ~1 Corinthians 13:7*

*Pray, hope, and don't worry. Worry is useless. God is merciful, and will hear your prayer. ~St. Padre Pio*

*The day the Lord created hope, was probably the same day he created Spring. ~Bernard Williams*

## **A Future Full of Hope**

*Faith has to do with things that are not seen, and hope with things that are not at hand. ~St. Thomas Aquinas*

*For surely I know the plans I have for you, says the Lord. Plans for your welfare, and not for harm, to give you a future with hope. Then, when you call upon me, and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord. ~Jeremiah 29:11-14*