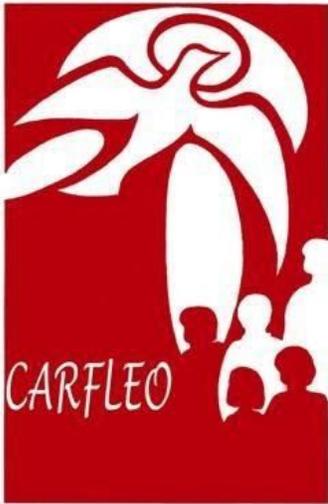


CARFLEO Newsletter: Spring 2020



Catholic Association of Religious
and Family Life Educators of Ontario

In this issue of the CARFLEO Newsletter

- CARFLEO Visio Divina for Spring 2020
- The CARFLEO Executive reflect on Easter 2020
- CARFLEO Learning Supports during School Closures
- CARFLEO Retreat 2020 Postponed until 2021
- CARFLEO Award Winners
- WFMP 2020
- CARFLEO Wellness Resources

During this COVID-19 pandemic and the closing of schools, churches and other aspects of our regular life, CARFLEO has been supporting learning and faith development through the website (carfleo.com) and the activities of Executive members. If you have ideas about how CARFLEO can support your work, please contact us at carfleo@live.ca. The feedback from our Advent newsletter told us to keep using the images for Visio Divina. For more on Visio Divina see [our website](#).



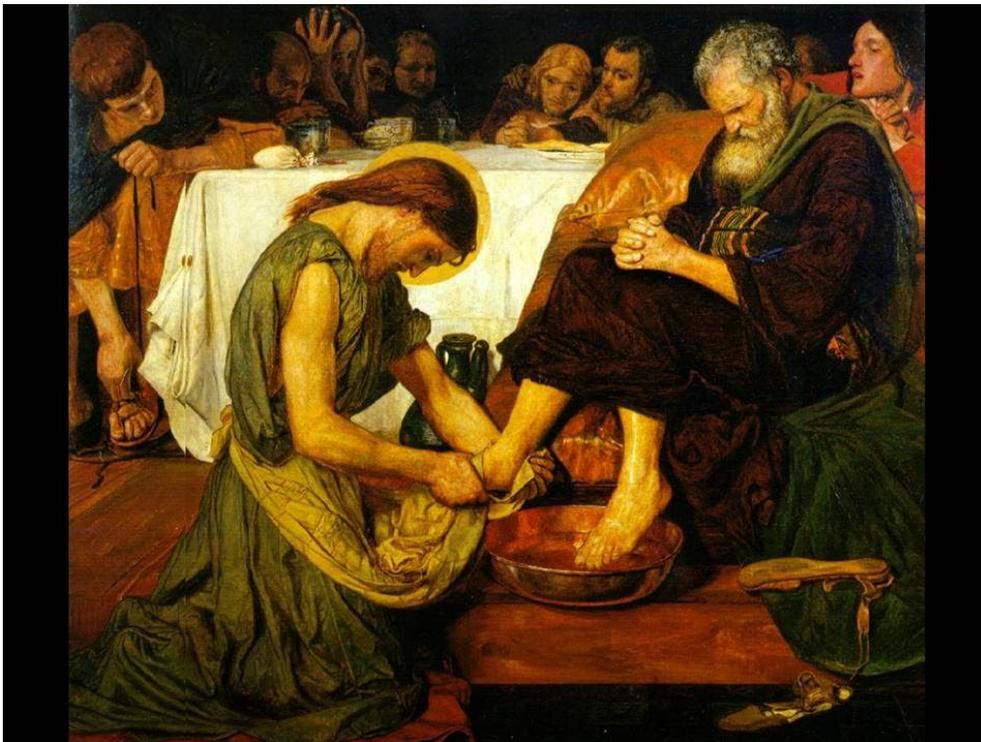
The Wounded Angel by Hugo Simberg [Painting](#) | [Commentary](#)

VISIO DIVINA FOR SPRING 2020

You'll recall from our Advent Newsletter that Visio Divina is a prayer form that engages our imaginations. We can use sacred and secular art to bring us more deeply into the presence of God. The images that we share in this newsletter not only help us meditate on the Easter experience lasting but also help us to understand where we are in relationship to the pandemic.

Throughout this school year, CARFLEO has been providing weekly Lectio Divina and Visio Divina formats for preparing for the upcoming Sunday's Gospel in a feature called Praying Sunday's Gospel. The Lectio Divina follows the normal process (Lectio, Meditatio, Oratio, and Contemplatio) plus a suggested song suggestions (audio). Alternately, you can use or supplement the Lectio Divina with a Visio Divina using this format:

1. Visio (See) Look at the art. What do you see? What is happening?
2. Meditatio (Meditate) How does it make you feel?
3. Lectio (Read, Context) Read the Gospel passage and the commentary. How does the painting correspond with the Gospel?
4. Oratio (Pray) Silently sit prayerfully opening yourself up to the flow of the Holy Spirit.
5. Contemplatio (Ponder) How is God speaking to you in this Visio Divina?
6. Operatio (Act) Because of this Visio Divina, what acts or changes in thinking do you want to happen in your life?



Ford Madox Brown, Jesus Washing Peter's Feet [Painting](#) | [Guided Visio Divina](#)

THE CARFLEO EXECUTIVE REFLECT ON EASTER 2020

Some of our Executive have shared their thoughts about Easter and our situation this year. We've also asked them to let them write a little about themselves.

Peter Bagnall (Treasurer)

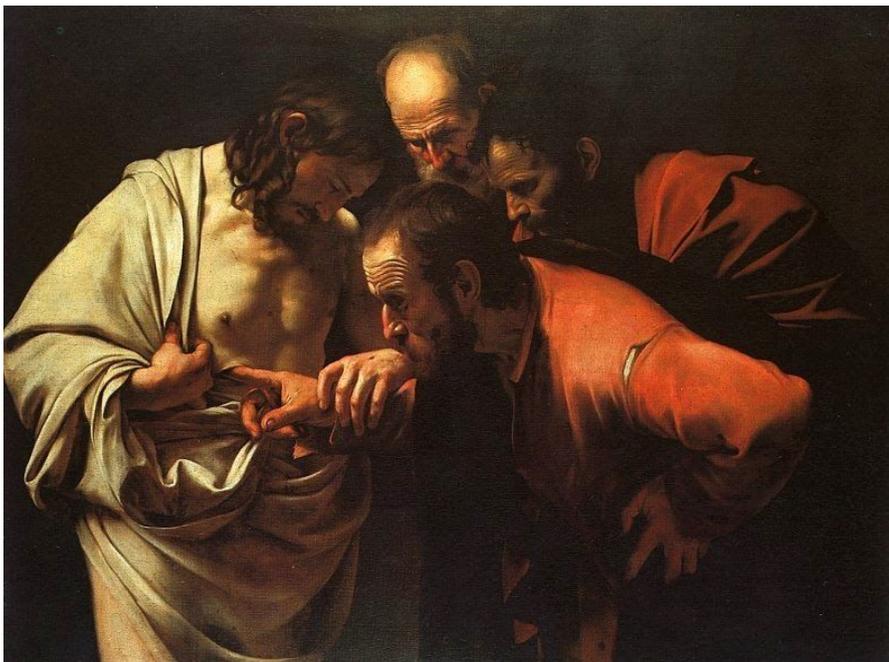
Peterborough Victoria Northumberland and Clarington CDSB Religion and Family Life Consultant.

"Christ is alive! Indeed, the hope of the resurrection has resonated for me this Easter season. Reading the Easter narratives with my family in isolation helped us to identify with the disciples who seemed fearful, unsettled, and anxious following the life-altering events of Good Friday. They turned inwards. Yet, with the appearances of the risen Lord in the days that followed his resurrection the disciples gained confidence, returned to each other and eventually built connections with others throughout the world. I am heartened to see creative ways of building connections through creative approaches to religious education, distance learning, virtual prayer and worship, expressions of gratitude, service to others and a myriad of ways of sharing the hope of the resurrection with others. May we always be a people of hope."

Pat Carter csj (Chair)

My name is Pat Carter and I am a Sister of St. Joseph of Sault Ste. Marie. I work for Huron-Superior C.D.S.B. as their Religious & Family Life Education Consultant and Faith Animator.

Celebrating Triduum at Home - When it became apparent that there would be no Church services, one of my colleagues asked me "How am I going to celebrate Holy Week with my daughters in a meaningful way?" That was all the inspiration I needed to put several prayer services for families together. I love these services, so to make each day a gift for these young ones and their parents was a gift for me too. It will be a Triduum I will remember for a very long time and I won't take Church for granted.



Caravaggio

The Incredulity of St. Thomas

[Gospel](#)

[Image](#)

[Reflections](#)

Les Miller (Communications)

Retired from York Catholic District School Board and OISE.

Novalis asked me to record a reflection about finding hope in this time.



Bishop Daniel Miehm (CARFLEO Accompanying Bishop, Diocese of Peterborough)

Bishop Mieh

m wrote this wonderful letter to his diocese. He agreed to let us share it in this newsletter. It is a message for all Ontario.

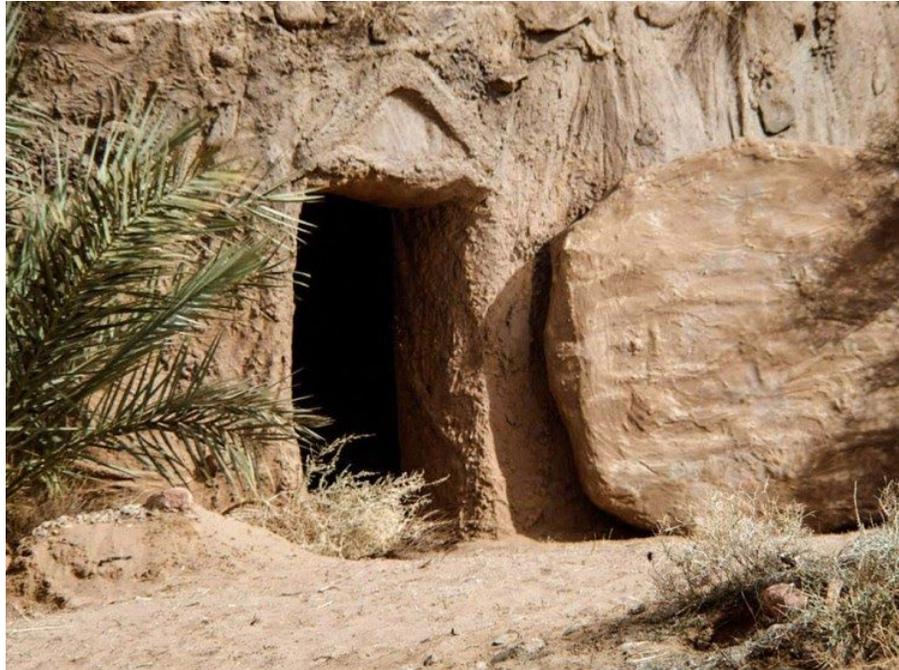
“Very early on the first day of the week, when the sun had risen, they went to the tomb. They had been saying to one another, ‘Who will roll away the stone for us from the entrance to the tomb?’ When they looked up, they saw that the stone, which was very large, had already been rolled back.” Mk 16:3-4

Dear Brothers and Sisters in the Diocese of Peterborough,

Christians around the world are celebrating a Holy Week and Easter quite unlike any in living memory. Given the realities of the COVID-19 global pandemic, with the loss of life, economic impacts, grief and social disruption that it has wrought, it may seem wrong to speak of celebrating. We are called, however, at this time more than ever, to live by a faith that proclaims the power of life over death and light over darkness. Indeed, this has been the task of the followers of Jesus from the very beginning.

The evangelist Mark captures the perplexity and anxiety of the women who went to the Lord’s tomb on Easter morning. Weighed down with grief at the brutal crucifixion and death of Jesus, they also had an immediate, practical concern: who would move aside the heavy stone blocking the entrance to the tomb? A typical tomb in Palestine was not fitted with a door, but sealed with a large circular stone, set into a groove. It would be no easy matter to move one. Yet when the women arrived, they found that the job had already been done. The stone had been pushed aside by an angelic being who told them that they were looking for Jesus in the wrong place. He had been raised from death to life, for no tomb could hold him. Their job was to do the “heavy lifting” of announcing this Good News to others, amazing and unexpected as it was.

“Who will roll away the stone for us?” More pertinent but equally anxious questions undoubtedly perplex us in these days of global pandemic. “When will this crisis be over?” “What will happen to my job, my income, my livelihood?” “What if the virus strikes me or someone close to me?” “How will the world be changed as a result of all this?” And for Christians everywhere there is the pressing question “When will we be able to gather again to be nourished by Word, Sacrament and community?”



It is only natural, in times of great social upheaval, that difficult questions should be asked. And people of faith are not immunized against suffering or anxiety in these disturbing times. But faith in a God of mercy and love certainly reframes those troubling questions for us. Faith in God who took on our human condition even to the point of death assures us that we are not alone in our suffering. Faith in God who has the power to bring life out of death encourages us to join in that work of moving stones and lifting the burdens that press down on people. Faith always assures us that it is by God’s grace and strength that we can bear even the heaviest burdens.

Let us not cease to pray for those who are leaning in to help all of society face this crisis: front-line health care providers, essential workers, public health officials and government leaders. Let us each be strong and vigilant in doing our part to battle this pandemic, by adhering to responsible practices and reaching out to others in compassion, love and care. Like the women who went to the tomb on Easter morning, we will accomplish more when we are united. And as those women went forth from the tomb on Easter day, let us as the Church go forward with a message of hope and encouragement, for it is one founded on the love of God, one that proclaims the victory of life over death, the triumph of hope over despair.

The disciples of Jesus celebrated that first Easter behind closed doors, and so it will be for us in this remarkable Easter of 2020. But closed doors could not keep the Lord Jesus out, any more than a heavy stone could seal him in, and closed doors do not extinguish our faith. We are confident that the Lord is with us during these difficult times, so much so that we are even bold enough to celebrate these Easter mysteries. And when the doors open again – as they

certainly will – we look forward to celebrating as a community. Until then, may faith sustain us during this crisis, hope assure us of better times to come, and mutual love strengthen us to face the tasks that lie ahead, as a Church and society.

May God bless you and yours with much love and abundant faith in this Holy Week and Easter.

Yours in Christ,

+Most. Rev. Daniel Miehm, Bishop of Peterborough



Caravaggio, *The Supper at Emmaus*
[Gospel](#) | [Image](#) | [Commentary](#)

Nancy Davie (York Catholic District School Board)

What a different Lenten season this was, one in which our perspectives on ways to pray, fast and give on Ash Wednesday on February 26th may have been altered in profound and drastic ways by the time we entered the Holy Triduum on April 9th. So much changed in such a short time. But this year just like any other year the Holy Triduum offered us a great gift: to reflect on Jesus's suffering and to draw comfort and strength from the numerous ways He has shown his great love for us. In the midst of the Covid-19 pandemic, we may find ourselves in greater need of this comfort and strength than ever before, and struggling with the fact that we are unable to reach out to one another to gather and pray in the ways to which we are accustomed due to the necessary cancellations of so many things: social events, concerts, sporting events, family parties, in person Masses. But in the words of Father James Martin in his article, "Faith in the time of the Coronavirus,"¹ "Many things have been cancelled because of the coronavirus. Love is not one of them" The love of Jesus is a source of hope that can help us get through these challenging times. Jesus understands all our fears and all our worries, not only because he is divine and understands all things but because he is human and experienced all things.

We can continue to accept the invitation to go to him and to trust that he is with us, guiding us and loving us through the storm.

As we continue to celebrate this very unusual Easter season, we can continue to celebrate the joy that comes from knowing just how deeply we are loved. In the midst of the challenges we are experiencing during these pandemic times, we can continue to find creative ways to gather in community to celebrate the joy and peace that the light of Christ continues to burn in our hearts. <https://www.americamagazine.org/faith/2020/03/13/faith-time-coronavirus>

LEARNING SUPPORTS DURING SCHOOL CLOSURES

CARFLEO is providing resources to teachers, parents and students during the school closures. We are using our website to compile resources that can be used at this time. Features include:

- [Faith at Home](#) has a series of links to features, links to the Ontario Catholic Education community, Adult Faith Formation resources, Religious Education and Family Life Education resources.
- [Song Prayers](#): Short videos of reflective and spiritual songs that speak to our current situation and the liturgical calendar. Here are links to the three most popular videos:
 - [God Loves You](#)
 - [Be Still](#)
 - [Ordinary Miracle](#)
- [Pearson Canada](#) has generously made digital versions of Growing in Faith, Growing in Christ as well as Fully Alive available. CARFLEO has compiled these resources.
- [Resources for Teachers & Families During School Closing](#) from dioceses, school boards, partners and publishers.
- Links to weekly resources published by [Novalis and Living With Christ](#)
- A compilation of all [digital textbooks](#) from Grades 1 to 12 from different publishers.
- Resources for the [Liturgical Year](#)



Miraculous Draught of Fishes, Goldsmith John Reilly (1928-2010)

[Gospel](#) | [Commentary](#)

CARFLEO RETREAT 2020 IS POSTPONED UNTIL 2021

Because of the pandemic, we are rescheduling our CARFLEO Retreat. Our 2021 CARFLEO Retreat and Annual General Meeting will be held at the Queen of Apostles Renewal Centre in Mississauga on March 9 and 10, 2021.

CARFLEO AWARDS

We are pleased to announce that the Archbishop Pocock Award for outstanding contributions to Religious Education will be presented to **Teri Durham**, retired from Halton Catholic District School Board. **Ann Bonifero** formerly of the Algonquin Lakeshore Catholic District School Board will be awarded the Fr. Angus MacDougall Award for outstanding contributions to Family Life Education. The awards will hopefully be presented at a venue in the not too distant future.

WHEN FAITH MEETS PEDAGOGY 2020

WFMP 2020 is scheduled for October 22 to 24 at the Delta Hotels Toronto Airport & Conference Centre 655 Dixon Road Toronto, Ontario M9W 1J3. The Theme is *Guardians of Hope, Bearers of Promise, Stewards of Creation*. More information is available on the Catholic Curriculum Corporation [website](#).



The Ascension of Christ, by Salvador Dali (1904-1989)

[Gospel](#) | [Commentary](#)

CARFLEO WELLNESS RESOURCES

CARFLEO has compiled a list of resources that can help promote wellness in this most stressful time.

- [Mental Health: Hope, Dignity and Our Compassionate Response](#) – A Grade 9-10 Resource from the CCC
- [Christian Meditation](#): a compilation of resources from CARFLEO
- [Bereavement Resources](#) compiled by CARFLEO
- Family Life Resources on the CARFLEO program. Our Family Life program has many wellness links threaded through the course. [Elementary Resources](#) [Secondary Resources](#).
- School Board Resources on Mental Health and Wellness
 - Algonquin Lakeshore CDSB [Mental Health & Wellness](#)
 - Brant Haldimand Norfolk CDSB [Mental Health and Awareness](#)
 - Durham Catholic DSB [Mental Health](#)
 - CDSB of Eastern Ontario [Building Resiliency and Positive Mental Health](#)
 - Halton Catholic DSB [Mental Health Awareness](#)
 - Huron Perth DSB [Mental Health](#)
 - Kenora Catholic DSB [Mental Health & Wellness](#)
 - [London District Catholic School Board](#) Mental Health Resources
 - [Mental health resources for parents](#) from Ottawa Catholic School Board
 - St. Clair Catholic DSB [Mental Health and Wellness](#)
 - Simcoe Muskoka CDSB [Health and Wellness](#)
 - Sudbury Catholic DSB [Mental Health & Wellbeing](#)
 - Thunder Bay CDSB [Mental Health & Education](#)
 - Toronto Catholic DSB [Mental Health and Well-Being Resources](#)
 - [Mental Health and Well Being Resources](#) from Waterloo Catholic CDSB
 - Wellington Catholic DSB [Mental Health & Well Being](#)
 - Windsor-Essex CDSB [Mental Health](#)
 - [Mental Health and Well-Being Resources](#) from York Catholic DSB



[Scripture](#) | [Pentecost Art from Asia](#)

[Visio Divina Resources](#) | [Pentecost Art](#) | [May 2020](#)

Accompanying each other
Caring for each other
Doing things together
Taking each other beyond what we alone see,
to places we have never been
Finding a way through the impasses
Growing in trust and self confidence
And the audacity to explore another way
Bring into light our unlived selves
Grow us into the fullness of ourselves
And expand the frontiers of our freedom to choose
(Noel Davis – Here at the Edge: Trust me)