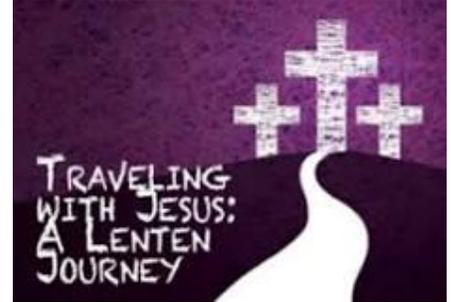




Catholic Association of Religious
and Family Life Educators of Ontario

CARFLEO Newsletter: Winter 2023



In this Issue of the CARFLEO Newsletter



- Message from CARFLEO Chair, Mark Siolek
- Important Dates
- Time to Reflect
- GOOD NEWS from Across the Province
- CARFLEO Award Reminder
- CARFLEO on the Internet
- Resource Spotlight
- Prayer Spotlight
- CARFLEO Executive 2022-23

New Year's Message from your Chair

Happy New Year and blessings for 2023 to all CARFLEO Members. I would like to take this opportunity to reflect upon Advent and the Christmas Season. I pray that all of you experienced the hope, joy, peace, and love that this time brought. I hope that it was a very happy and healthy holiday season among family, friends, colleagues and loved ones and that you enjoyed quality time with your loved ones, sharing each other's company.

I was so pleased to see many familiar – and new! – faces at the CARFLEO Advent Retreat. Even though we met virtually, it was a great opportunity to feed ourselves spiritually. I was so happy we have developed an effective way of gathering together, no matter our locations across the province, but I look forward to meeting in person at the CARFLEO AGM in the Spring!

Our CARFLEO Executive looks forward to creating new things and opportunities. Our main goal moving forward is to bring more awareness about CARFLEO through greater promotion. Every Catholic educator belongs to CARFLEO, and if you do not you will be able to soon.

This past year has not been without its challenges, but we can turn to our faith and our community for support. I hope that you take time for self-care spiritually, physically, mentally, and emotionally and

spend time with the important people in your life. Doing so will help you remain hopeful and ready for this new year as it unfolds.

On behalf of CARFLEO, I wish everyone an amazing New Year, full of laughter, joy, peace and gratitude. I look forward to moving forward together in 2023 for another exciting year!

God Bless,

Mark



Mark Your Calendar

- February 1st- February 28th: Black History Month
- March 24th: Deadline for nominations for CARFLEO Awards
- March 30/31: CARFLEO Conference/Retreat (Queen of Apostles Renewal Centre, Mississauga)
- April 5-6: EOCCC Conference (*see poster on p 5 for more details) (Ottawa Conference & Event Centre)
- April 30-May 5: Catholic Education Week, We are Many, We are One/À plusieurs, nous sommes un (Click [HERE](#) for more details)
- May 9-10: ICE Symposium, Delta Hotels by Marriott Toronto Airport and Conference Centre

Time to Reflect...

~ A Lenten Message from The Most Reverend Wayne Lobsinger, Auxiliary Bishop of Hamilton

We all know that during Lent we are called to give something up. We give up coffee and snacks, and chocolate, and our favourite T.V. program and then we spend the next 40 days being absolutely miserable and making the life of everyone else around us miserable as well. I'm not convinced that this is what our "giving up" is meant to be like.



Lent is a time of penance, but real penance doesn't make us miserable, rather it helps us to see the truth about ourselves and then begin the long process to become better disciples of Jesus. Prayer, Fasting, Almsgiving are all meant to bring us out of ourselves in order to heed Jesus' call to love God above all things and to love our neighbour as ourselves. This is no easy task overcoming the self, but by taking the extra time to pray, by giving up the things we don't really need, and by helping those who are less fortunate than ourselves, we slowly chip away at the self and allow God the space and the freedom to form us into His image.

Lent is an opportunity not an obstacle. May we make use of this opportunity of Lent 2023 to become more the child of God that we are called to be and to help all those around us to do the same. Have a blessed Lenten Season.

GOOD NEWS Stories from Across the Province



Toronto Catholic DSB

"Our Journey with Christ takes place in our everyday lives and in our encounter with others. We are called to an awareness of Jesus as our illumination and guidance as represented in the landscape."

Our annual Catholic conference, **When Faith Meets Pedagogy**, gives us many reasons to celebrate some amazing Catholic educators. In this issue we take time to celebrate the work and efforts of Vicki McRae (Art Resource/TCDSB) who was the creative designer for the backdrop for WFMP 2023 -Church on a Journey, helping our students, staff and community to Encounter, Listen and Discern. She was inspired by the life and mission of the Church, expressing her nature as the People of God journeying together and gathering in assembly, summoned by the Lord Jesus in the power of the Holy Spirit to proclaim the Gospel. Each participating board was given a blank silhouette and was asked to design and decorate according to the unique characteristics that reflected the beauty of their students and staff. Each board took great pride in their design, and it was noted that many chose to take their silhouette back to their board and feature it in a prominent place for all to see. We look forward to journeying with you again at WFMP next year.



Durham Catholic DSB

"Love your neighbour as yourself." ~ Mark 12:31

Durham Catholic DSB is excited to be offering a Grade 12 interdisciplinary course titled, *Deconstructing Anti-Black Racism in the Canadian and North American Context*. They are one of a handful of school boards across Ontario currently providing this offering to their student body. This course serves to equip students to identify and address systemic racism in all its forms. Students engage in courageous and meaningful conversations about race. A team of Toronto District School Board teachers created the course which was piloted in 2020-21 school year. An alumnus of Durham Catholic DSB, D. Tyler Robinson, was an integral part of creating and leading this new course. Hayden Chadee, an educator at St Mary's Catholic Secondary School in Pickering, who is facilitating the course, had this to say when asked about what it was like teaching the course: "I think it's impossible not to teach this course in a new way...we've de-centred the teacher as being the fountain of knowledge and it's active participation in terms of student thought, student participation." Faith Opoku Agyemang, a St Mary CSS student taking the course, said, "I've never taken a class where they talk so openly about racial struggles or injustices that are happening in the world. We can talk about our lived experiences; it is very cathartic."



Do you know an exemplary Catholic educator?

Consider nominating them by MARCH 24th for one of the 3 CARFLEO awards listed here.

For more information on the awards and their criteria click [HERE](#)

CARFLEO Awards

Each year CARFLEO recognizes the faith contribution of exemplary Catholic educators through the presentation of 3 awards:

1. **The Archbishop Pocock Award** for Excellence in Religious Education
2. **The Fr Angus McDougall Award** for Excellence in Family Life Education
3. **The Seeds of Hope New Teacher Award** for Excellence in Religious Education

CHECK THIS OUT!

Resource Spotlight

With good hearts and good minds, we share the following resources:



This resource includes:

- Mindfulness and Christian Meditation to create safe and inclusive spaces
- tools and/or strategies to assist with creating conversational structures and to promote active listening
- learning materials centering on identity and privilege, implicit bias, stereotyping, discrimination, racism, gender identity, sexuality, ethical issues and other sensitive topics.

The resource package includes meditation scripts, created/shared videos, art activities, handouts, slide decks and interactive templates for online collaborative learning.

To access this resource, click [HERE](#)



This resource puts Catholic leadership and service-learning at the forefront of teaching in Catholic schools. It focuses on the core teachings from the Living a Moral Life and Living in Solidarity strands of the Religious Education Curriculum to help students build their skills and take action on the issues they care about, from poverty, to bullying, to the environment.

It consists of a series of lessons and accompanying action projects that spotlight a different social justice issue. To access this document, click [HERE](#)



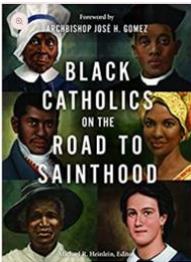
Black History Month Resources:

Black Saints & Notable Figures:

This website can be viewed by clicking [HERE](#)



CARFLEO on the Internet		
	carfleo.com website	<ul style="list-style-type: none"> • Religious Education and Family Life resources • Curriculum documents and supports • Key Catholic documents • Information about CARFLEO and our conference • Sr. Pat's weekly Catholic Culture Update • Catholic education news • Prayer and liturgical resources • New resources daily can be emailed to you • Mobile and tablet friendly
	CARFLEO on Facebook	<ul style="list-style-type: none"> • www.facebook.com/carfleo • Posts new resources from carfleo.com • Reposts other Facebook posts of interest
	Twitter	<ul style="list-style-type: none"> • @TWEETcarfleo • All new blog posts & Facebook posts are tweeted.
	Tumblr	<ul style="list-style-type: none"> • carfleo.tumblr.com • carfleo.com posts are reposted on Tumblr • The archive feature shows posts at a glance.
	Pinterest	<ul style="list-style-type: none"> • https://www.pinterest.com/carfleo/ • Visual images to support your Religious Education and Family Life classes, check out our Pinterest site.
	YouTube	<ul style="list-style-type: none"> • www.youtube.com/user/VIDEOCARFLEO • videos produced by CARFLEO • playlist of videos for Religious Education and Family Life classes.



This is the first book to explore the lives of the six Black Catholics from the United States whose causes are under formal consideration by the Catholic Church for canonization.

Including biographies and personal reflections from diverse contributors, this book shows how these six men and women provide a model of holiness for all Catholics and people of good will.

For more information about how and where to purchase this resource, click [HERE](#)

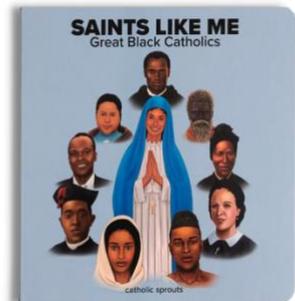
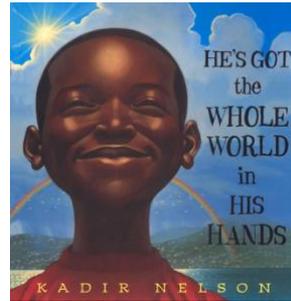
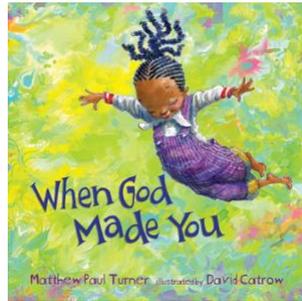
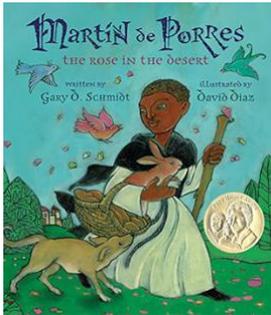
French Resources:

This is an ongoing project that was created by community partners from Ottawa Catholic DSB.



These FSL teachers noticed that there was a lack of content in FSL classes that authentically and respectfully feature French-speaking Black & Indigenous Peoples and People of Colour from around the world as well as here at home. The hyperlink below will take you to a space where FSL educators across school boards can come to look for content featuring BIPOC as well as work together to share lesson plans, slide decks or other learning materials on this platform. To view these "Texts in French" featuring BIPOC click [HERE](#)

Children's Books to Support Black History Month & Faith:



Other important websites to support Catholic educators:

[Catholic Curriculum Corporation](#)

[Institute for Catholic Education](#)

[Development & Peace Schools Program](#)



**Registration opens
February 1, 2023
and closes
February 28, 2023**



"We, who are many, are one body in Christ, and individually we are members, one of another."
(Romans 12:5)

We are Many, We are One / À plusieurs, nous sommes un

EOCCC Annual K-12 Catholic Curriculum Conference

April 5-6, 2023
Ottawa Conference & Event Centre

Save the Date

**Keynote Speaker - Archbishop Paul-André Durocher
"Contemporary Approaches to Evangelization"**

April 5 - 5pm-7pm - Wine and Cheese meet and mingle – with publishers display

April 6 - Opening liturgy with school choir beginning at 9:15 am.
Lunch included. Departure 2:45 pm

Workshop selections will include topics on student voice, mental health & wellness, coding and STEM, social justice, science of reading, Indigenous learning, social emotional learning, special education and more.






Prayer Spotlight.

(Elementary)

God, thank you for a new year. May everyone in our family be willing to begin anew with a clean slate. We know that you are always ready to forgive us. Help us to be willing to forgive ourselves and to forgive one another.

As we begin a new calendar year, remind us of our truest values and our deepest desires. Help us to live in the goodness that comes from doing what you want us to do. Help us to put aside anxiety about the future and the past, so that we might live in peace with you now, one day at a time.

~Loyola Press

(Secondary)

Loving God,

We continue to ask for your blessing for a bright, healthy, and peaceful new year. Help us enter the New Year, thoughtful of who we are to ourselves and to others. May we develop a spirit of gratitude and thanksgiving as we look to You daily for our needs.

As we enter the end of our semester, we pray that you would blanket us in your peace. We pray that we will be strengthened by your presence, and that we know you are always with us. In Saint Paul's letter to the Philippians, he says *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus."* ~ Amen.

(~provided by Lisa Malcolm, Toronto Catholic DSB)

Prayer for Black History Month



Spirit of Abundance, God of Grace, Mother of Hope,
We pause now to remember those stories that are all around us, but so often passed over,
Those stories that when told are shared because of what someone is, not who they are.

This month is Black History month.

Help us to realize that Black history is all our histories.

May the day come when these stories are so wildly taught that no month need be separately divided.

We know this day will not come until we as a people make different choices

We pray now for those new choices.

May we come to see a day where the prison system becomes redemptive, not punitive.

A day where the legal system learns to focus more squarely on the facts, and not colors of our skin.

May our role models be allowed to excel when they thrive and not be taken down for their rich heritage.

We know this will require a shift in power, and this can be scary for some.

Give those full of fear - hope.

May we come to know grace, so that our hearts will not be hardened to the pain around us.

There are so many beautiful stories needing to be told and we need to get the chance to hear them.

Widen our vision so that the history that is shared this month, and every month, comes to be known as our history too.

We are most human when we see the humanity in others.

- Author Unknown

CARFLEO Executive 2022-23

Keri Calvesbert, Brant Haldimand Norfolk CDSB (Treasurer)

Sr Pat Carter, Huron Superior CDSB (Past Chair)

Samantha Cullen, Thunder Bay CDSB

Nancy Davie, York CDSB (Secretary)

Patricia Del Ban, Halton CDSB (Treasurer)

Mike Gundert, Algonquin Lakeshore CDSB

Chidinma Igboanugo, Peterborough Victoria, Northumberland and Clarington CDSB (Newsletter Team).

The Most Reverend Bishop Wayne Lobsinger, Auxiliary Bishop of Hamilton

Lisa Malcom, Toronto CDSB (Newsletter Team)

John Murphy, Waterloo CDSB

Mike Nerino, The Northwest CDSB (Web Master)

Tish Sheppard, Retired Durham CDSB (Newsletter Team)

Mark Siolek, Ottawa CDSB (Chair)

Kate Veinotte, Catholic DSB of Eastern Ontario

Julie Webster, Dufferin Peel CDSB

COMING SOON

Upcoming newsletters: Spring (April 2023)

Have something you'd like to share for an upcoming CARFLEO newsletter?

Send to: tishksheppard@gmail.com