



CARFLEO⁺

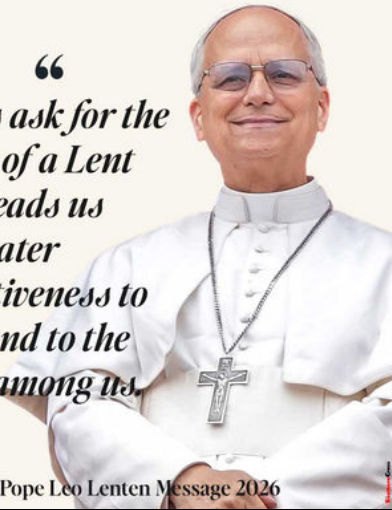
CATHOLIC ASSOCIATION OF RELIGIOUS & FAMILY LIFE EDUCATORS OF ONTARIO

conference and retreat Newsletter



POPE LEO'S LENTEN MESSAGE

“
*Let us ask for the
grace of a Lent
that leads us
to greater
attentiveness to
God and to the
least among us.*



- Pope Leo Lenten Message 2026

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Dear brothers and sisters,
Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life. Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

This year, I would first like to consider the importance of making room for the word through listening. The willingness to listen is the first way we demonstrate our desire to enter into relationship with someone. In revealing himself to Moses in the burning bush, God himself teaches us that listening is one of his defining characteristics: "I have observed the misery of my people who are in Egypt; I have heard their cry" (Ex 3:7). Hearing the cry of the oppressed is the beginning of a story of liberation in which the Lord calls Moses, sending him to open a path of salvation for his children who have been reduced to slavery.

Our God is one who seeks to involve us. Even today he shares with us what is in his heart. Because of this, listening to the word in the liturgy teaches us to listen to the truth of reality. In the midst of the many voices present in our personal lives and in society, Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering. In order to foster this inner openness to listening, we must allow God to teach us how to listen as he does. We must recognize that "the condition of the poor is a cry that, throughout human history, constantly challenges our lives, societies, political and economic systems, and, not least, the Church."

To read the Holy Father's entire message, go to [CCCB - Lent 2026](#)

*"We are the Easter people
and hallelujah is our song."*

- St. John Paul II

Message from the Chair of CARFLEO, Mike Gundert

A very warm welcome to all participants of the 2026 CARFLEO Conference & Retreat! The CARFLEO executive is pleased to offer this conference to Catholic educators and partners throughout the province: We Remember, We Celebrate, We Believe - How good it is to sing praises to our God (Psalm 147:1). We trust that there will be many valuable resources to bring back to educators in your system.

We look forward to learning together about liturgy from the keynote speakers and the breakout session facilitators. We are also looking forward to the AGM, and especially the opportunity to meet with you and spend some time together over the next couple of days.

Congratulations to each of the 2026 CARFLEO award recipients! We look forward to recognizing each of them at the conference. Please see the article that features each of the recipients and their accomplishments. May the Lord continue to bless you in your ministry to students, staff, and partners in Catholic education. Your educational communities are truly blessed!

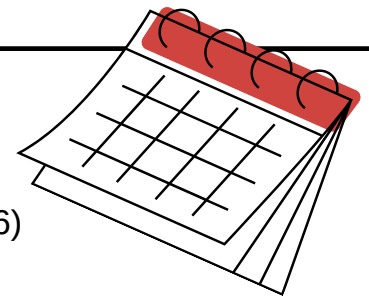
Thank you to all of you for your continued interest and support of CARFLEO. Thank you to each of our keynote speakers, Janet Loo, Annette Donovan Panchaud, and Deacon Jim Panchaud for sharing your expertise in liturgy with us. Thank you to the executive for all their hard work in planning and preparing the conference. Thank you to all the vendors who are present at the conference. And finally, thank you to Queen of Apostles Renewal Centre for their hospitality throughout the conference.

I wish you all a blessed Lenten season as we journey towards the joy that awaits us in Easter.

Mike Gundert
Chair - CARFLEO

Important Dates

- EOCCC [Conference](#), Brookstreet Hotel, Kanata (April 30, 2026)
- EASTER WEEKEND (April 3 - 6)
- CATHOLIC EDUCATION WEEK Pilgrims of Hope: On the Path to Holiness (May 3-8)
 - CEW Livestream Provincial Mass (May 6, 11:00 am)
- WHEN FAITH MEETS PEDAGOGY 2026, Delta Marriott Toronto Airport Hotel
 - Being the Beatitudes - Forming Hearts, Shaping Minds, Inspiring Faith*
 - WFMP Conference - Oct. 23-24



A Time for Reflection

Most Rev. W. L. Lobsinger

My Dear Religion and Family Life Educators,

As I am writing this article, I am in the middle of offering a Parish Lenten Mission. The theme of this retreat is “Being a Saint Today.” My starting point was asking the question, “What is a Saint?” For most of us, we think of Saints as those who were pretty much perfect; they came straight from the womb as holy and never drifted from that path. Any, even cursory, look at the lives of the Saints will disprove this idea. Saints were/are ordinary people. They had families, struggles, weaknesses, blessings, and yes, even sins. They had “pasts”. But what made them Saints is that they did not allow their “past” to hold them bound. Saints recognize the areas of their lives that need transformation and seek the grace from God to make the transformation come about. Is this not what each of us is called to do, especially during the season of Lent? To examine one’s life, admit where I need to change or grow, and then seek God’s grace for help, this is the path to being a saint today.

As Family and Religious Life Educators, it is your privilege and responsibility to help others understand and respond to their call to be Saints today. Not the stuffy, stuck-up “saints”, but true Saints who use their struggles and weaknesses to help them grow closer to God and rejoice in the abundance of His blessings.

Sadly, many people have wrong impressions of being a Saint and of many other aspects of our Catholic Faith. We, by our joy and ability to share the Faith, need to help others understand the truth of our Faith. Faith is not about saying “NO” to everything that is fun, but about saying “Yes” to everything that is true and helpful to our salvation. How privileged are we to journey with our students and fellow staff members, to assist them on their path to “Being a Saint Today”.

Wishing you God’s continued and greatest blessings during these last days of Lent and throughout the Easter Season.

God bless,
Bishop Lobsinger



“Holiness is not in the rarefied air of perfection, but in daily fidelity, in doing ordinary things with extraordinary love.” ~ St. Thérèse of Lisieux

A Heartfelt Fast

Fast from hurting words
and fill your heart with tenderness.

Fast from sadness
and be filled with gratitude.

Fast from anger
and be filled with patience.

Fast from pessimism
and be filled with hope.

Fast from worries
and have trust in God.

Fast from complaints
and contemplate simplicity.

Fast from pressures
and be prayerful.

Fast from bitterness
and fill your heart with joy.

Fast from selfishness
and be compassionate to others.

Fast from grudges
and be reconciled.

Fast from words
and be silent so you can listen.

~Pope Francis~

Catholic Teachers
PRIORITIZING YOUR MENTAL HEALTH
ALL TEACHERS
THURSDAY, MAY 7
4:30 PM - 6:00 PM
WEB EXPERIENCE

WHOLE AND HOLY:
Dealing with the 'Clobber Passages'
in the Bible and the Catechism
Catholic Teachers
SPRING LEARNING INSTITUTE
— ALL TEACHERS —
Sunday, May 23
9 AM - Noon
Catholic Teachers

Catholic Teachers
Spring
PROFESSIONAL DEVELOPMENT SESSIONS
Visit catholicteachers.ca for session details.
WEB EXPERIENCE

Catholic Education Week: Pilgrims of Hope: On the Path to Holiness MAY 3 - 8, 2026



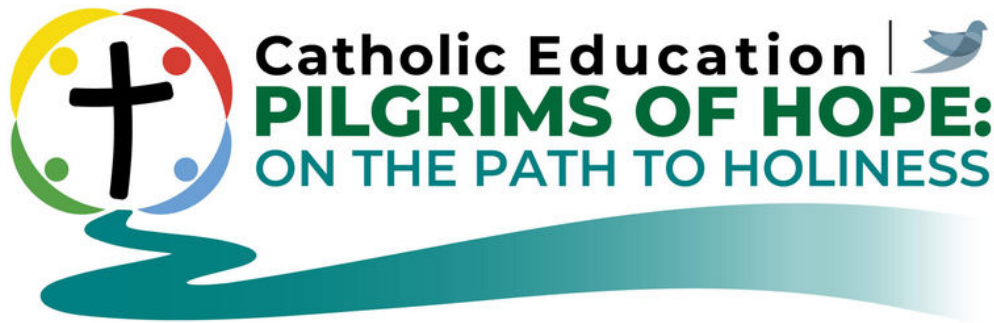
"As God who called you is holy, be holy yourselves." (1 Peter 1:15-16)

The five sub-themes for Catholic Education Week explore ways to live out Pope Francis' call for each one of us to be Pilgrims of Hope, on the path to holiness...

- Peace be with you (Monday)
- God loves you (Tuesday)
- Christ saves you (Wednesday)
- The Holy Spirit lives in you (Thursday)
- Together on the journey (Friday)

goodnewsforall.ca

****We encourage you to use the Catholic Education Week resources throughout the school year.****
CEW 2026 "Pilgrims of Hope" - Song, Lyrics & Sheet Music
Catholic Education "Pilgrims of Hope" Monthly Bulletins



Catholic Education Week Suggested Book List

Catholic Education Week	Book Title & Author	ISBN #
Monday: <i>Peace be with you</i>	Say Something Peter H. Reynolds	ISBN: 9780545865036
Tuesday: <i>God loves you</i>	Mostly What God Does Is Love You Savannah Guthrie	ISBN: 9780310160281
Wednesday: <i>Christ saves you</i>	The Tale of Three Trees Angela Elwell Hunt	ISBN: 9780745917436
Thursday: <i>The Holy Spirit lives in you</i>	The Invisible String Patrice Karst	ISBN: 9780316570879
Friday: <i>Together on the journey</i>	Growing God Karen Kiefer	ISBN: 9781640609082



CARFLEO⁺

CATHOLIC ASSOCIATION OF RELIGIOUS & FAMILY LIFE EDUCATORS OF ONTARIO

2026 Annual Conference & Retreat Schedule

TUESDAY MARCH 24, 2026

Attire: Business casual attire

- 4:00 pm Registration
- 4:30 pm Social
- 5:30 pm Dinner**
- 6:30 pm Welcome/Opening Liturgy
- 6:45 pm Awards
- 7:00 pm Keynote: *The Work of Our Hands: Bringing our Gifts to Liturgy*
Annette Donovan Panchaud
& Deacon Jim Panchaud
- 7:45 pm Keynote Retreat
- 8:15 pm Keynote Consolidation
Q&A, Prayer
- 8:30 pm Movie Night

WEDNESDAY MARCH 25, 2026

Attire: Casual

- 7:30 am Morning Activity/Prayer
- 8:00 am Registration/Breakfast**
- 8:45 am Morning Liturgy
- 9:00 am AGM: All are welcome!
- 9:30 am Keynote: *When in our music God is glorified*
Janet Loo
- 10:15 pm Keynote Retreat
- 10:45 am Keynote Consolidation
Q&A, Prayer
- 11:00 am Break/Vendors
- 11:15 am Mass
- 12:00 pm Lunch**
- 1:00 pm Breakout Session 1
- 1:45 pm Breakout Session 2
- 2:30 pm Closing Remarks



2026 ANNUAL CARFLEO⁺ CONFERENCE & RETREAT

Many thanks to our keynote speakers!



JANET LOO

Mgr of Campus Ministry
and Musical Director, Kings
University College, London ON



DCN JIM PANCHAUD

Chaplaincy Leader at R.F. Hall
Catholic Secondary School



ANNETTE DONOVAN

PANCHAUD

Director of Ignite Ministry
Canada

Congratulations to the 2026 CARFLEO Award Recipients

Archbishop Philip Pocock Award for Excellence in Religious Education

Derek McEachen - BHNCD SB

"...he has mentored generations of Catholic teachers. His commitment to lived discipleship is further evidenced by his leadership in social justice initiatives, his service as a military chaplain, and his international work in reconciliation and solidarity..."

Fr. Angus MacDougall Award for Excellence in Family Life Education

Nicky Perry - HWCDSB

"...she is known for her openness to new practices and her deep commitment to student engagement. Her character and passion for life have led to meaningful collaborations across the school board and at province-wide events..."

Seeds of Hope New Teacher Award

Andrew Bago - NCDSB

"...has quickly become a pillar of faith in his school community...His commitment to "lived faith" is evident in his classroom witness and his dedication to reaching every student with the message of God's love."

**All Catholic Teachers in Ontario are members of CARFLEO!
In addition, all conference guests are welcome to join us for the Annual
General Meeting at 9am in the main room.**



**Annual General Meeting Agenda
Queen of Apostles Renewal Centre
Wednesday March 25th, 2026
9:00am**

1. Approval of the Agenda
2. Approval of the minutes from [2025 Annual General Meeting](#) (Mar 25/25)
3. Chair's Report
4. Treasurer's Report
5. General Updates:
 - Conference Newsletter
 - Website
 - Social Media
6. Elections of the 2026-2028 Executive – **Bishop Lobsinger**
 - Positions:
 - o Chair
 - o Secretary
 - o Treasurer
7. New Business
 - CARFLEO Retreat

Vendors' Spotlight

Beloved: Where Anxiety Ends and Love Begins
Discovering Your True Identity with Henri Nouwen



REGISTER YOUR STUDENTS NOW

Date: Thursday, May 14, 2026
Time: 10:00am - 1:30pm
Location: St. Michael's College, UofT

Students grades 9 - 12
9 students: 1 chaperone
\$35/student



INTERNATIONAL CONFERENCE
LONGING FOR HOME
THE PROPHETIC WITNESS OF HENRI NOUWEN IN A WOUNDED WORLD

JOIN US MAY 14 - MAY 16

More than just a conference—come experience a time of spiritual renewal, deep connection, intellectual engagement, and courageous hope.

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visit conference.hearhenri.com to learn more

FIND REST FOR YOUR SOUL - AND RENEWAL FOR THE WORLD



IN PERSON & ONLINE REGISTRATION NOW OPEN





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devp.org/schools

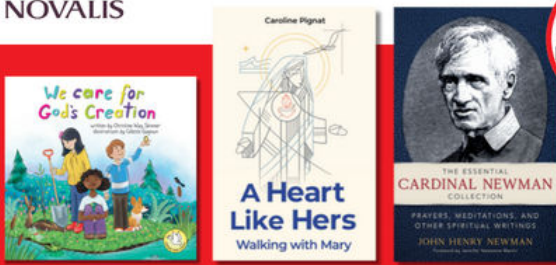


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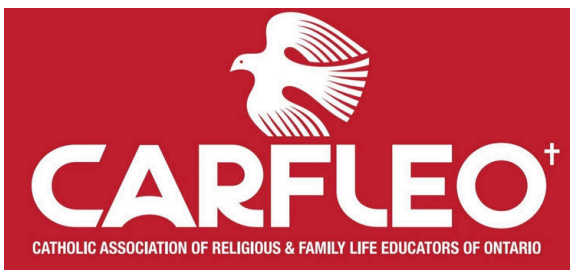



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Our Mission and Vision

CARFLEO, the Catholic Association of Religious and Family Life Educators of Ontario, is an organization dedicated to supporting Elementary and Secondary Catholic educators through their boards' Religious and Family Life Education office in their

ongoing learning and engagement in the subject areas of Religious Education and Family Life. Working closely with the Assembly of Catholic Bishops of Ontario (ACBO), CARFLEO commits to being partners in education with the many organizations within the province that support the ongoing growth and development of theological thought, religious education and family life. CARFLEO works to engage educators in Religious and Family Life Education priorities in the province and the world at large. CARFLEO.com offers its members many resources to assist them in their role as Catholic educators. CARFLEO also offers in-person opportunities for educators to learn from one another and to share the Good News across the province. Our vision for CARFLEO is for the members to continue to renew their promise and commitment to the promotion and growth of Catholic Education in the Province of Ontario and beyond.

CARFLEO Executive 2025-26

Keri Calvesbert, Brant Haldimand Norfolk CDSB

Rick Frias, Windsor-Essex CDSB

Mike Gundert, Algonquin & Lakeshore CDSB (Chair)

Jennifer Koch, PVNC CDSB (Newsletter)

Most Rev. Wayne Lobsinger, Auxiliary Bishop of Hamilton

Lisa Malcom, Toronto CDSB (Secretary)

John Murphy, Waterloo CDSB

Stephanie Parniak, Huron-Superior CDSB

Caroline Thuss, Huron-Perth CDSB (Treasurer)

Kate Veinotte, CDSB of Eastern Ontario (Newsletter)

Amanda Wagg-Boyer, Niagara CDSB

Julie Webster, Dufferin-Peel CDSB

CONNECT WITH US

[CARFLEO.com](https://www.carfleo.com)



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

Deadline for submissions is 2 weeks prior to publication dates.

Send to: Jennifer Koch at jeatonkoch@pvncdsb.on.ca

or Kate Veinotte at kate.veinotte@cdsbeo.on.ca

Upcoming newsletters: Spring - March 15 and Year End - May 15