

Some images have links.

Do not be anxious about anything,  
but in everything by prayer and  
supplication with thanksgiving let  
your requests be made known to  
God.

Philippians 4:6



## Welcome to the 2023-2024 School Year!

A message from the TCDSB  
Nurturing Our Catholic  
Community Team



Welcome to "Nurturing our Families of Faith." This is a newsletter to support the faith journey of students, staff, and their families across The Toronto Catholic District School Board during this Lenten season.

We are grateful for the chance to share this journey with you, and we hope this newsletter will be helpful to you as you live out your faith in these challenging times.

### Back to School!

As we say goodbye to the summer months, we also look forward with anticipation to a new school year and all the wonderful things that go with that: new friends, new classrooms, new teachers, new subjects and materials to learn, and new experiences.

However, along with the excitement of returning to school, there is also some concern and perhaps anxiety. Pope Francis, in a meeting with children from all over Europe in 2017, gave an answer to a question about the fear of moving from one grade to another: *life is a continual round of big and small 'hellos and goodbyes'. We grow up...by making new friends and letting go of old ones. Don't be frightened...but try to see it as a challenge. Don't worry about what's behind the wall, but imagine instead a horizon you can see in the countryside and try to always **move forward towards your new horizons.*** (From [Pope Francis encourages children to change the world](#))

If we maintain this perspective and attitude, it will assist us during those times of difficulty and fear. To that end, in this [Back to School](#) edition of *Nurturing Our Families of Faith*, we have provided prayers, guided meditations, activities for the family, and information about some popular September saints. We hope that the material contained in this newsletter will be helpful towards easing your child's return to school, and that the activities will be enjoyed by your family throughout the year!

# BACK TO SCHOOL PRAYERS

## Prayers for the Start of a New School Year

[A Collection of Back to School Prayers](#)

[A Back-to-School Prayer](#)

[Aleteia: Catholic prayers for students and teachers for the school year](#)

[Family Prayer for the Start of a New School Year](#)

[Prayers for Opening the Academic Year](#)

[First Day of School Prayer](#)



## GUIDED MEDITATIONS FOR BACK TO SCHOOL

Returning to school can be a stressful time - consider adding some time in your daily schedule to do a guided meditation or to engage in mindful practices with your child to help them remain centered and calm during this time of change.

[Guided Meditation for Self-Confidence at School](#)

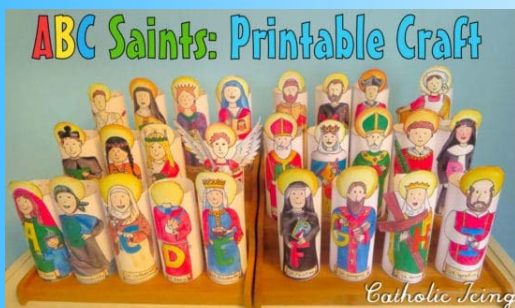
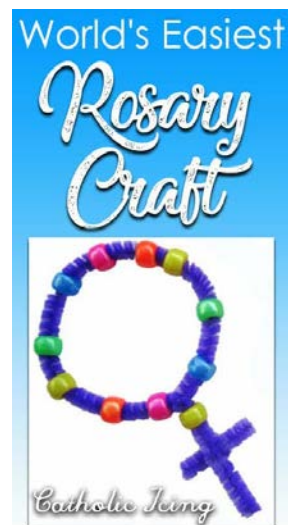
[Two Simple Mindfulness Practices for Back to School](#)

[Jesus Calms the Sea - Guided Meditation](#)

[Christian Meditation with Children](#)



## YEAR-ROUND ACTIVITIES



9 activities for family night





## BACK-TO-SCHOOL TIPS FOR CATHOLIC FAMILIES



### SET A BEDTIME ROUTINE

In the 2 to 3 weeks before the start of the school year, set a healthy bedtime so your child is well-rested and ready to learn at school.

### READ WITH YOUR CHILD

Read with your child every day. Include a wide variety of choices in your child's bookshelf, including fiction, nonfiction, and books about our Catholic faith



### SPEND TIME AS A FAMILY

Eat meals together and talk with each other as often as possible to promote language development, relationship skills and positive behavior.

### ATTEND MASS REGULARLY

Spending an hour each week celebrating our faith during Mass is the greatest spiritual gift you can give to your child.



### PRAY TOGETHER

Establishing a prayer routine will help your child become comfortable with talking to God and teach them that He is always there for them.

### JOIN PARISH EVENTS

Children learn to interact with others by participating in group events. Your parish community is a great place to start.

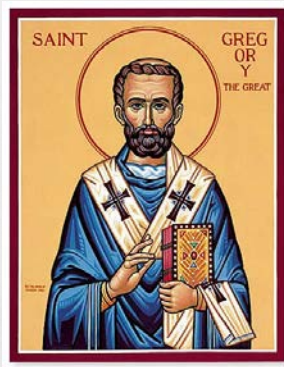






# SEPTEMBER SAINTS

Click on the images to find out more about the saints!



## **St. Gregory the Great**

**Feast Day:** September 3

**Lived:** 540-604

**Patron Saint of:** musicians, singers,  
students, teachers

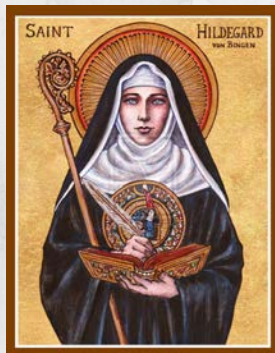


## **St. Teresa of Calcutta**

**Feast Day:** September 5

**Lived:** 1910-1997

**Patron Saint of:** World Youth Day



## **St. Hildegard of Bingen**

**Feast Day:** September 17

**Lived:** 1098-1179

**Patron Saint of:** ecology, musicians, writers



## **St. Andrew Kim & Companions**

**Feast Day:** September 20

**Lived:** 1821-1846

**Patron Saint of:** Korea



## **St. Matthew the Apostle**

**Feast Day:** September 21

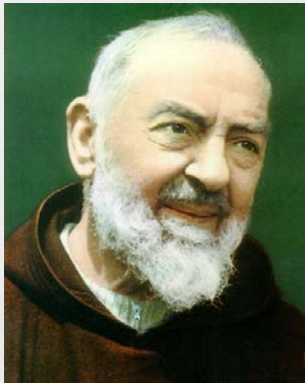
**Lived:** 1st century, AD

**Patron Saint of:** bankers, tax officials



# SEPTEMBER SAINTS

Click on the images to find out more about the saints!



## St. Padre Pio

**Feast Day:** September 23

**Lived:** 1887-1968

**Patron Saint of:** adolescents, stress relief, and civil defense volunteers



## St. Cosmas and Damian

**Feast Day:** September 26

**Lived:** 3rd century, AD

**Patron Saint of:** physicians, surgeons, pharmacists



## St. Vincent de Paul

**Feast Day:** September 27

**Lived:** 1581-1660

**Patron Saint of:** charities, volunteers



## Feast of the Holy Archangels (St. Michael, St. Gabriel, & St. Raphael)

**Feast Day:** September 29

**Patron Saints of:** St. Michael - Guardian of the Church; St. Gabriel - telecommunications and messengers; St. Raphael - travelers and those who are ill



## St. Jerome

**Feast Day:** September 30

**Died:** 420 AD

**Patron Saint of:** translators, librarians, encyclopedists





## WORTH EXPLORING



Christian Meditation – The Prayer of 3 “S’s”



## ONLINE / LIVESTREAM MASSES

Catholic TV

Daily at 12:30 pm EST

St. Michael's Cathedral

Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)

Salt and Light TV

Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)

Radio Maria

Monday and Thursday at 12:30 pm EST

Daily TV Mass

(Loretto Abbey Chapel)

Fr. Rob Galea's YouTube Channel

## GIVING OPPORTUNITIES



**Year 3 of our Pastoral Plan has begun! This year, we will be Walking with Christ with Minds of Justice and Peace! Stay tuned for more information and initiatives!**

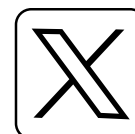
## FOR ADDITIONAL INFORMATION

Visit us at: [Nurturing Our Catholic Community](https://www.tcdsb.org/our-schools/nurturing-our-catholic-community),

Contact us at: [ncc.team@tcdsb.org](mailto:ncc.team@tcdsb.org)



with **MINDS**  
of JUSTICE and PEACE



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TBA