

April 2009
Issue 86

Holy Family Matters

Central Office News & Events April 2009

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Western Cree Tribal Council

****None appointed**



FNMI Coordinator

Vanessa Malegana



Our Holy Family Catholic Regional Division #37 try outs for the Cultural Hand Games Tournament was held on February 27, 2009 was a huge success. The tournament was held at Holy Family School in Grimshaw. Teams from seven of our Catholic schools brought an elementary team and a junior high team with a total of close to 16 teams. A big thank you to the FNMI School Coordinators, to Maxine Fournier and Charlie Bouchard for hosting the tournament, for all the parents, Katimavik crew, Elders, and dignitaries, and other volunteers in and out of school, your help in so many different ways is very much appreciated. Thank you as well to Tracy Zweifel at Sagitawa Friendship Center for assisting us as well. Principals and Central Office administrators – A huge thank you as well for supporting the tournament!

My apologies, if I missed anyone that helped us organize this fun filled day for our students who thoroughly enjoyed themselves.

The upcoming Regional Cultural Hand Games Tournament is scheduled for April 3rd, at Ecole Providence School. 16 teams will be in attendance from surrounding school districts and band schools.

If you would like to volunteer you can contact Vanessa Malegana at 780-624-3956 and at Malegana.v@hfcrd.ab.ca or if you just want to come out and enjoy the event. Feel free to drop by Ecole Providence School April 3rd, 2009 tentatively beginning around 10:00am to 2:00 pm for now.

Next regular Board meeting of HFCRD #37 will be at Central Office in Peace River, Tue. April 21st at 10:00 a.m. Board meetings are open to the public.

Taken from meditation@whitebison.org

Elder's Meditation of the Day

“In order for our children to survive in the world, they need a firm understanding and belief in the basic principles of sharing freedom and respect of individuality.”

--Haida Gwaii, Traditional Circle of Elders

There is a saying: Tell me, I'll forget; show me, I'll remember; Engage me: I'll understand. The adults need to determine what the younger generation is learning. The principle of sharing keeps the youth from being greedy and selfish. The principle of freedom teaches the youth about choices, decisions and consequences. The principle of respect keeps us from playing God and becoming a controller of all things. We need to learn these lessons so we may demonstrate them for our children.

Great Teacher, help me to understand Your principles.

Vanessa Malegana

Project Link Coordinator

Stephanie Arseneault

April's theme for Project LINK is stress. Take some time to de-stress this month by trying these tips:



- Use relaxation techniques such as yoga, massage or deep breathing
- Exercise (one of the most effective stress remedies)
- Get enough sleep and rest
- Work off your anger. Try gardening, scrapbooking, spring cleaning etc.
- Take some time for yourself. Call a friend, read a book, watch a movie, listen to music, take a mini vacation, have a home spa day, or volunteer

For more information, visit the Canadian Mental Health Association's website at: <http://www.cmha.ca> or contact Project LINK (Stephanie) at 780-624-3956.

Faith

Faith

LENTEN JOURNEY

Let us take a few minutes to reflect how we have been touched by God's Spirit today. Light a candle to symbolize all our hope in Christ's resurrection.

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FASTING AND FEASTING

Leader:

- Fast from judging others
- Fast from emphasis on differences
- Fast from apparent darkness

- Fast from thoughts of illness
- Fast from words that pollute
- Fast from discontent

- Fast from anger
- Fast from pessimism
- Fast from worry

- Fast from complaining
- Fast from negatives
- Fast from unrelenting pleasures

- Fast from hostility
- Fast from bitterness
- Fast from self absorption

- Fast from personal anxiety
- Fast from discouragement
- Fast from idle gossip

- Fast from acts that tear down
- Fast from thoughts that weaken
- Fast from problems which overwhelm

'Leader: Compassionate and loving God, we ask for your empowering grace to heal, to inspire and to challenge us to new growth. We thank you for your presence with us today and we ask that You accompany us

Response:

- Feast on the Christ dwelling in them
- Feast on the unity of life
- Feast on the Reality of light

- Feast on the healing power of God
- Feast on words that purify
- Feast on Gratitude

- Feast on patience
- Feast on optimism
- Feast on divine providence

- Feast on appreciation
- Feast on affirmatives
- Feast on unceasing prayer

- Feast on peace
- Feast on forgiveness
- Feast on compassion for others

- Feast on trust
- Feast on hope
- Feast on purposeful silence

- Feast on acts that build up
- Feast on promises that inspire
- Feast on prayer that undergirds

'On our Lenten journeys. May we be instruments of healing, inspiration, challenge, peace and love to one another and to all we meet... We ask in the faithful name of Jesus. Amen.

