

Prayer is joy
 Prayer is love
 Prayer is peace.
 You cannot explain it you must
 experience it.
 It is not impossible.
 God gives it for the asking.
 "Ask and you shall receive."
 The father knows what to give
 his children
 ---how much more our
 heavenly father knows -
Mother Teresa

The
 Season
 of
 Lent



St. Benedict Banner

2202 Kipling Ave, Toronto ON M9W 4K9, Phone: (416) 393-5267 Fax: (416) 393-5045 March 2019

Principal: M. Gagliardi; Vice Principal: V. Ogiorumua; Secretary: G. Da Silva, Clerk Typist: A. Bon
 Superintendent: Flora Cifelli (416) 222-8282 ext. 2732, Trustee: Joseph Martino (416)512-3401; CSPC Chair: S. Orellana;
 CSPC Co-Chair: G. Grutta; St. Benedict Catholic Church- 2194 Kipling Ave. Toronto ON M9W 4K9;
 Phone: (416) 743-3830, Pastor: Fr. Dave Sadjak; Sunny Face Child Care: (416)744-0778

"For God so loved the world, He gave it His only Son." John 3:16



The Lenten season has begun and we are all invited to take time for reflection and prayer as we prepare for the feast of Easter. How timely that the virtue for this month is **Forgiveness**, not only because we are in the season of Lent but because it is an important cornerstone of our faith. It's what Jesus modeled for us in his life and death. We are reminded that forgiveness is a gift to ourselves as we let go of the burden of resentment when we forgive another person. It is also a gift to our children when we teach and model it to them. *"May we be, for such love forgives the wrongs of others and makes up for their many personal faults. In love, help us forgive without holding on to anger, resentment, or disappointment"*. Peter 4:8; Matthew 18:21-22; Ephesians 4:26)
 We wish all our students continued success for the second term as they continue to believe and have the courage to be the best they can be.
 Have a safe, restful and rejuvenating March Break.

M. Gagliardi
 Principal



Weekday Mass Schedule

Monday, Wednesday, Friday	8:00am
Friday, Saturday	
Tuesday (with devotions)	7:30pm
First Friday (additionally)	7:30pm

Sunday Mass Schedule

Saturday	5:00pm
Sunday	8:00 am 9:30 am (Eng./Hall) 9:30 am (Ital./Church) 11:00am 12:45pm*
Cancelled during July & August	

For complete and updated information about events happening at St. Benedict Church please visit:

<http://www.stbenedicts.ca>



Are You Moving for September 2019?



If you know that you will be moving out of the area and that your child will not be attending St. Benedict C.S. in September 2019, please inform the school as soon as possible. We are requesting this information for planning purposes. Thank you for your assistance.

prayer

Mental Health Benefits of Prayer

During Lent we are encouraged to engage in almsgiving, fasting and prayer. Our focus this month is on prayer and its many benefits.

God is a source of comfort, strength and love for us. Through prayer, we enter into a deeper relationship with God and gain a sense of attachment to Him. Many studies have shown that individuals who pray to a loving and protective God with whom they have a meaningful relationship are less likely to experience anxiety and stress. Prayer offers emotional comfort and reduces stress by:

- **Offering a sense of comfort and hope.** When you're faced with life challenges, prayer offers a sense of comfort. Knowing that God listens to your prayers and that you don't have to bear your burden alone offers a sense of hope. When you feel hopeful you gain strength and are encouraged to carry on.
- **Creating a positive frame of mind.** By giving thanks and expressing gratitude when praying it creates a positive frame of mind. When you purposefully engage in "thankful prayer", it reminds you of the many blessings you have and as a result helps to decrease feelings of sadness.
- **Stress Relief.** Researchers have found that when focusing on other people through prayer it contributes to a "stress-buffering effect". Reflecting on the welfare of others can reduce your own stress - it is in giving to others that we receive.
- **Increases feelings of unity and trust.** Praying together with a friend, your class, or as a community is an experience that brings people closer together. Prayer can help build relationships and feelings of social connectedness.
- Engaging in daily prayer with students gives them the opportunity to deepen their relationship with God and their community. It also offers a sense of emotional comfort that everyone can benefit from.



Protecting Your Password/Securing Your Device

1. Never share your passwords for any reason.
2. Your passwords should never be written down.
3. Change your passwords on a regular basis.
4. Your passwords are stronger when they are lengthier and more complex. String words into a phrase, use special characters and upper and lower case letters.
5. When away from your computer or device, make sure to log out or lock it down.
6. Never set your browser to "remember" your passwords. Log in every time.



Junior W5H

For the months of January and February a group of Junior students eagerly buzzed through their noon hours, as they prepared for the Junior W5H tournament. On February 20th the team traveled to St. Stephen for their competition. The team finished in second place. Congratulations to the team for a job very well done. Thank you coaches: Ms. Silva and Ms. Moore



Daily Decisions

We all use mathematics daily in what we do. Involve your child in using numbers to solve problems and make those everyday decisions with you. For example:

- "Do we have enough plates and utensils for all the guests coming for the birthday party?"
- "We are doubling this recipe. How much of all the ingredients will we need?"
- "We are fertilizing the lawn. The fertilizer bag covers three square meters. How many will we need?"
- "This store is selling the game you want for 20% off of \$27.00. That store is selling the same game for \$19.99. Where should we shop?"

Basketball Update

Our school basketball teams competed at their divisional tournaments in February. Both teams should be commended for their very good play and excellent skills. Thank you to the coaches: Ms. Tarnowecky, Mr. Colorado and Mr. Filippo.

Do You Want the Latest News?

Follow @TCDSB on Twitter or subscribe to Enews and follow the school @St.BenedictTCDSB to get all the latest news and information throughout the year.

CSPC MEETING

The next CSPC meeting will be taking place on **Wednesday, March 20 at 7:00 pm** in the library. Everyone is welcome!

TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2018-2019

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Wards

1.	Joseph Martino	416-512-3401
2.	Markus de Domenico	416-512-3402
3.	Ida Li Preti	416-512-3403
4.	Teresa Lubinski	416-512-3404
5.	Maria Rizzo, Chair	416-512-3405
6.	Frank D'Amico	416-512-3406
7.	Michael Del Grande, Vice-Chair	416-512-3407
8.	Garry Tanuan	416-512-3408
9.	Norm Di Pasquale	416-512-3409
10.	Daniel Di Giorgio	416-512-3410
11.	Angela Kennedy	416-512-3411
12.	Nancy Crawford	416-512-3412
	Taylor Dallin Student Trustee	416-512-3413
	Joel Ndongmi Student Trustee	416-512-3417