



Campus E-News

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Struggle & Emerge

Our Spiritual Journey

Students at Notre Dame are exposed to the teachings and practices of the Catholic Church through both academic instruction and through opportunities to put the teachings of the faith into action. The focus for Notre Dame's Spiritual Development program is described in the following way on the school's web site:

Notre Dame College, with the Sisters of Charity of St. Louis and Father Athol Murray as its primary architects, believes in the existence of God, the primacy of the Spiritual and that Jesus of Nazareth is God the Son and Saviour of the World. Fr. Murray used to say that there is no thing more powerful than the Spiritual, meaning that all of us are made for God and are made to encounter His love and His presence while on this earthly journey. A tour through our Church and the Tower of God attests to this statement and hopefully will leave one pondering the many common questions and desires we have in regards to

the spiritual.

Notre Dame College is rooted in the teachings of the Roman Catholic Church. We follow the magisterium of the Church and the Catholic Church's liturgical calendar. We are Catholic which includes being ecumenical. This means we do not compromise the teaching of the Catholic Church but at the same time we welcome and respect students of other faith traditions.

All students at Notre Dame are required to take a Christian Ethics class every year. Each course at the different grade levels has a special focus, but all grade levels devote a substantial portion of class time to study the person of Jesus Christ.

Father James Athol Murray has a spot in each grade level as well. Special emphasis is placed on Pere in grade 9 and in grade 12. This year, Gerry Scheibel has been a guest lecturer in the CE 30 classes. His lectures focus on the philosophy of Pere and what he tried to create at Notre Dame.

All classes are taken on a tour of the spiritual landmarks on campus; the Tower of God, St. Augustine's Church and the Archives. During these tours, students are exposed to the unique talents of Museum Curator Terry McGarry.

Father Tubale is sometimes invited into the dressing room for a pre-game prayer. Some teams even hold chapel services before getting on the bus for a game. At games, teams pray before the contest begins and the tradition continues of singing the Notre Dame Prayer and Victory march as the team returns to campus.

Notre Dame's Spiritual Development team provides the following services for our students: Sunday Lord's Day Mass Daily Mass (for teams who miss Sunday mass & for students who are interested in attending for personal reasons.)

Feast Day Masses (for example – December 8, the Immaculate Conception of the Virgin

Editor:
Alice Dumba
Notre Dame Faculty



Rob Krueger
Dean of Spiritual Development



Allie Mansbridge
reads at student Mass.



Tyson Gilchrist donates blood.

Mary & Ash Wednesday.)

Masses of Departure before every holiday break throughout the school year. Prayer and reflection at morning assembly lead by staff & students. Student retreats by dormitory and grade throughout the liturgical calendar.

Works of Mercy Outreach – all students volunteer at Catholic elementary schools in Wilcox & Regina.

Jean Vanier Swim Program – students have the opportunity to serve special needs students in Regina. Hounds for Humanity (H4H) – a volunteer outreach over and above the Works of Mercy program.

R.C.I.A. and sacramental preparation in the Catholic faith (Baptism,

Eucharist, Confirmation and Reconciliation).

The Sacrament of Reconciliation (confession) is provided on a regular basis.

A chance to participate in the mass through altar serving, being a lector, usher or a member of the choir. Other Liturgical celebrations such as Remembrance Day.

Chapel services for individual teams (upon request).

School Chaplain and Counselor: Our resident Roman Catholic priest is available for counseling and to other spiritual needs of students and staff.

Through the Works of Mercy program students have traditionally visited some of the core area Catholic

schools in Regina. The students spend their visit assisting the teachers of the early grades. They may perform some private tutoring or participate as helpers in activities for the entire class. Often they turn into large ‘teddy-bears’ during recess as they are chased around the school yards by the students they are visiting. This year, we have added St. Augustine in Wilcox to our Thursday visits. Every Thursday, fourteen to sixteen students will be sent to these schools.

Rob Krueger
Dean of Spiritual Development

The Gift of Life: Blood Donors

For the past 21 years, Notre Dame has participated in the Blood Donor Clinics in Regina. Many Hounds look forward to their 17th birthday when they are eligible to donate blood. The students are warmly welcomed by the staff at the clinic, who is always excited to see the newest batch of “Blood Hounds”.

The students realize the important contribution of the “Gift of Life” they are making. Many of our former students become regular donors and recruit friends and family to participate in the program. The Blood Donor clinics are an excellent example of a service that one can do for the community.

Ramona and Pat Vigneron & Derrick Schultz

Hounds For Humanity

Hounds for Humanity (H4H) is a group of students who volunteer their time and talents to better the lives of others who may be poor or marginalized.

Activities have included participating in Jean Vanier swim in which students are partnered up with students who have intellectual and physical disabilities. They spend one hour communicating and playing with these students at a pool. Another activity has been leading the Gulu Walk in Regina to support child victims of war in Uganda and Sudan.

During Christmas Hounds 4 Humanity was involved in various activities. We served food at a Christmas dinner for less fortunate people living in inner city Regina. Students served meals and then sat down and enjoyed conversation. This event was sponsored by the Salvation Army of Regina. The next day some of those same students and others

canvassed for Salvation Army programs at a Superstore in Regina. H4H students also collected Operation Christmas Child shoe boxes which were filled with gifts for poor children in developing countries.

Through these experiences students have learned the importance of helping the less fortunate within our community and our world, something, we hope, they will carry into their adult lives.



**Josh Campbell '93
Faculty**

Hounds For Humanity group members with Notre Dame's Christmas boxes.



Youth Group

In addition to both our Works of Mercy and Hounds for Humanity programs is our youth group. This group meets once or twice a month for fun and reflective activities. Gatherings called "Fire it up Fridays" have included a campfire in Avonlea, ping pong and

board game tournaments, and plans to serve the poor at a drop-in centre in inner city Regina. We have also had movie nights where students have watched pop-culture films and considered some of the deeper meanings that can be applied to our lives. The goal of these

activities and events is to encourage spiritual development and formation in our young Hounds. Josh Campbell '93 Faculty



Ryley Jago swims with a young Jean Vanier student.