

🎵 🎵 Grace Notes from the System Chaplain 🎵 🎵

August 2018

As I write this I am trying to figure out where the summer went; although, technically, there are four more weeks until the Fall equinox, I've always felt that Labour Day was a far more powerful signal of summer's end. I always feel somehow that I haven't done all the things I wanted to accomplish in the summer, and am reminded of the reference to the ant in Proverbs 6:



*“Go to the ant, you lazybones;
consider its ways and be wise.
Without having any chief or officer or ruler,
it prepares its food in summer, and gathers its sustenance in harvest.”*

Although I'm not willing to admit that I have been lazy, I still have a sense of many things I want to do before the snow flies. And ants are very much a part of summer....

Aesop was so taken by the contrast of the ant's industry and the careless carousing of the grasshopper that he wrote a fable about it, expressed also in a poem by Jean de la Fontaine, “La Cigale et La Fourmis”.

I wonder if we have been so conditioned to think that we must always be busy and productive that we have forgotten the purpose of Sabbath in our lives, times to just relax, enjoy the sunrise or the silence and reflect on the beautiful gifts of life and our world which come to us with God's love.

In Genesis 2 we are told, *“And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation”*¹

And in the Ten Commandments, Moses and his followers were told, “

*⁸ Remember the sabbath day, and keep it holy. ⁹ Six days you shall labor and do all your work. ¹⁰ But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.”*²

The Children of Israel considered the Sabbath observance very important – as do Jewish people to this day – as it marked the difference between free people and slaves. With Sunday shopping and the constant availability of our electronic devices and connections, have we perhaps abrogated our status as free people in favour of being enslaved to a distorted sense of virtue which honours productivity and

¹ Genesis 2:2-3: New Revised Standard Version Bible: Catholic Edition, ©1993 and 1989 by the Division of Christian Education of the Churches of Christ in the U.S.A. Used by permission. All rights reserved.

² Ibid: Exodus 20:8-11

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profit, acquisition and affluence? The Sabbath Day which was first created to allow human beings to spend time with God often finds us “too busy” to do just that.

Our focus in HCDSB on Christian Meditation is in step with a greater recognition that we need to incorporate moments of Sabbath and reflection into our days. Our young people are so used to having every minute programmed, of actively waiting for their electronic devices to notify them of incoming messages and information, that many are needing to relearn the capability to sit still for a few minutes – and many of their elders are not that far behind. Feedback from the introduction of Christian Meditation into our schools has been very positive; let’s try this year to make it a regular part of school days and school meetings so that all members of our communities can benefit. Don’t forget that every elementary school received two ‘take home’ kits for students to introduce Christian Meditation to their families.

The Adult Faith Formation syllabus for 2018-2019 can be found on StaffNet: go to Board Services>Focus on Faith>Adult Faith Formation, and you’ll find the file on the righthand side. There are several offerings coming up soon, including the Labyrinth Walk (September 13), Do You Love Me? Listen to Me? With Fr Wayne Lobsinger (September 25), Eco-Café (first session, October 10), and Theology on Tap with Paul Nalli on Resilience in the Paschal Mystery (October 24).

Don’t forget the workshop for Pastoral Animators on Tuesday, September 11th; this accommodates one PA per elementary school and lunch will be provided.

From the Diocesan Liturgy Office:



Gathered to Sing

Date: Monday, October 29, 2018

Location: [St. Augustine Parish, Dundas](#)

Facilitators: Monsignor Murray Kroetsch,
Sharon Fazari

Workshop Details: This workshop is for all parish choir directors and members of parish choirs. Cantors will also benefit from this workshop. The workshop is for all who seek an opportunity to develop their choral skills while being part of a large choir. Come and discover a new dimension in the world of sound.

Individually published pieces of music will also be sung at this event.

Participants are asked to bring with them copies of Catholic Book of Worship III and Celebrate in Song.

[Website](#)

Details and registration information to follow in the coming weeks

Wishing you a great start to the new school year,

Gillian