



Mindful March

We believe in the power of prayer!

The focus of this campaign is to promote student mental health and well being. All organized activities will foster mindfulness and work toward our school mission: *Our students will become creative and critical thinkers who work with passion and purpose in collaborative participation that is centred in a school life that includes prayer, social responsibility as global citizens and the integration of Catholic values.* Mindfulness practice can be an especially important component of a child's life. It will encourage self-regulation strategies so that students learn to become aware and manage their behaviour in various environments. It can help a child realize that while a little bit of worrying is normal, there are useful coping methods and strategies to decrease anxiety based on mindfulness. One great way to practice Catholic mindfulness at home is to pray more.

What are you doing for Lent?
10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

<p>1. Give up sin Show your love for God by keeping his commandments. Turn away from sins.</p>	<p>2. Fast An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.</p>	<p>3. Pray Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.</p>	<p>4. Do good works Help those in need. Pray for them and be ready to serve them in their time of need.</p>
<p>5. Give alms Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.</p>		<p>6. Abstain Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.</p>	
<p>7. Do meditative reading Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit, and let God's thoughts and ways influence yours.</p>	<p>8. Control desire for possessions Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.</p>	<p>9. Control desire for entertainment Too much entertainment and other distractions can lead to less or no time for the works of the Lord.</p>	<p>10. Carry out duties in life Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!</p>

Text from Canadian Conference of Catholic Bishops "Living Lent"

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Mind Full, or Mindful?



http://www.edu.gov.on.ca/eng/literacynumeracy/inspire/research/ww_struggle.html

<https://www.beliefnet.com/faiths/catholic/5-ways-to-practice-catholic-mindfulness.aspx>