

NEWMAN CENTRE
CATHOLIC MISSION
ST. JOHN HENRY NEWMAN PARISH



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THE TORCH

NEWMAN CENTRE CATHOLIC MISSION
ST. JOHN HENRY NEWMAN PARISH

WINTER 2022

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DECEMBER 2021
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From Fr. Mark Kolosowski: Our Pastor & Executive Director

"Yes, no, faster, slower, can't look, must look, omg, help, dizzy, excited, fast heart, pumping veins, never again, let's go again". This is the way Mandy Kelly O'Brien describes her experience of roller coasters at the Oakwood Theme Park located in the UK.

Does this sound familiar? Isn't this a way that we can describe our experience with this pandemic? I think so! Since March of 2020, we have been between open/closed, less/more (restrictions), indoor/outdoor (capacities), online/in person (classes), cancelled (exams), but not for everyone..., excited, motivated, almost out, never again... oh no... here comes another lockdown.

The last time I left a theme park, I must admit that my head was pounding, and I can't blame anyone for feeling the exact same way during this pandemic. It has been a headache and it has tested our patience. But amidst all of it, we have been able to experience some good. Even though our house is currently closed (at least for group meetings until the end of February), we have been able to push the mission of the Newman Centre forward.

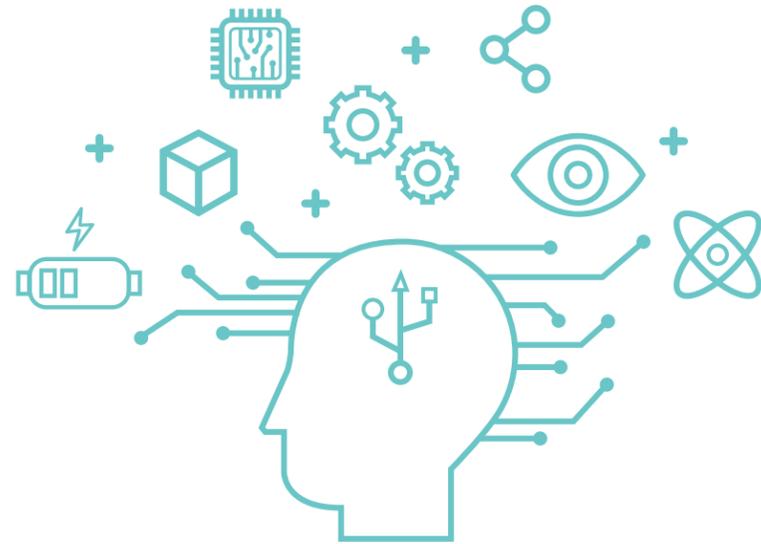
At the beginning of the school year our student leaders participated in a Leadership Retreat which ignited them and led to a creative brainstorming session about ways in which we could reach out to the broader University of Toronto community using technology. They were determined not to let the current online restrictions, restrict them. They came up with great ideas for online engagement, including starting the week off with Morning Prayer, watching "The Chosen" series in a watch party setting and they even found ways to continue the popular Tuesday Night "Pray and Play's" online. On Worship Wednesdays, our students have become stewards of their talents, as they share them with the broader community by preparing a Praise and Worship song and

posting it online. Believe me when I tell you that we are wonderfully blessed at the Newman Centre with some talented students. An exciting initiative for the students is the idea to reignite a love for the Way of the Cross this coming Lent. We will be celebrating the Way every Friday during lent with reflections that will engage students where they are in their daily lives, it will encourage them to seek God as they walk their current paths and challenge them to live out their faith in the University setting. Please pray for this initiative.

The house closure has also given us the opportunity to take a step back and re-assess where we are as a chaplaincy and where we need to go in the future. These plans will be presented to you in the upcoming spring edition and we are eager to share them with you.

Also, in case you noticed, The Torch has received a new face lift. We hope that it will attract more students to explore their faith and seek the truth as they search for answers. Our students are always curious and ready to learn. In fact, the idea to delve into Artificial Intelligence in this issue, was inspired by Dr. Michael Ryall's Faith and Reason Lecture that took place on Thursday January 27th on the same topic. We realized that during this pandemic, our students have been immersed in the "AI world" as we moved everything online. Now knowing it's mechanisms, our hope is that Church teachings will help them navigate through this time of AI with logic and reason, guided by truth and goodness. Much more exciting news will be coming in future, so keep in touch and keep reading. We, at the Newman Centre, hope that with your prayers and support we will be able to carry out our mission to inspire the Spirit and share Christ with the world. Please pray for us as we promise to pray for you.



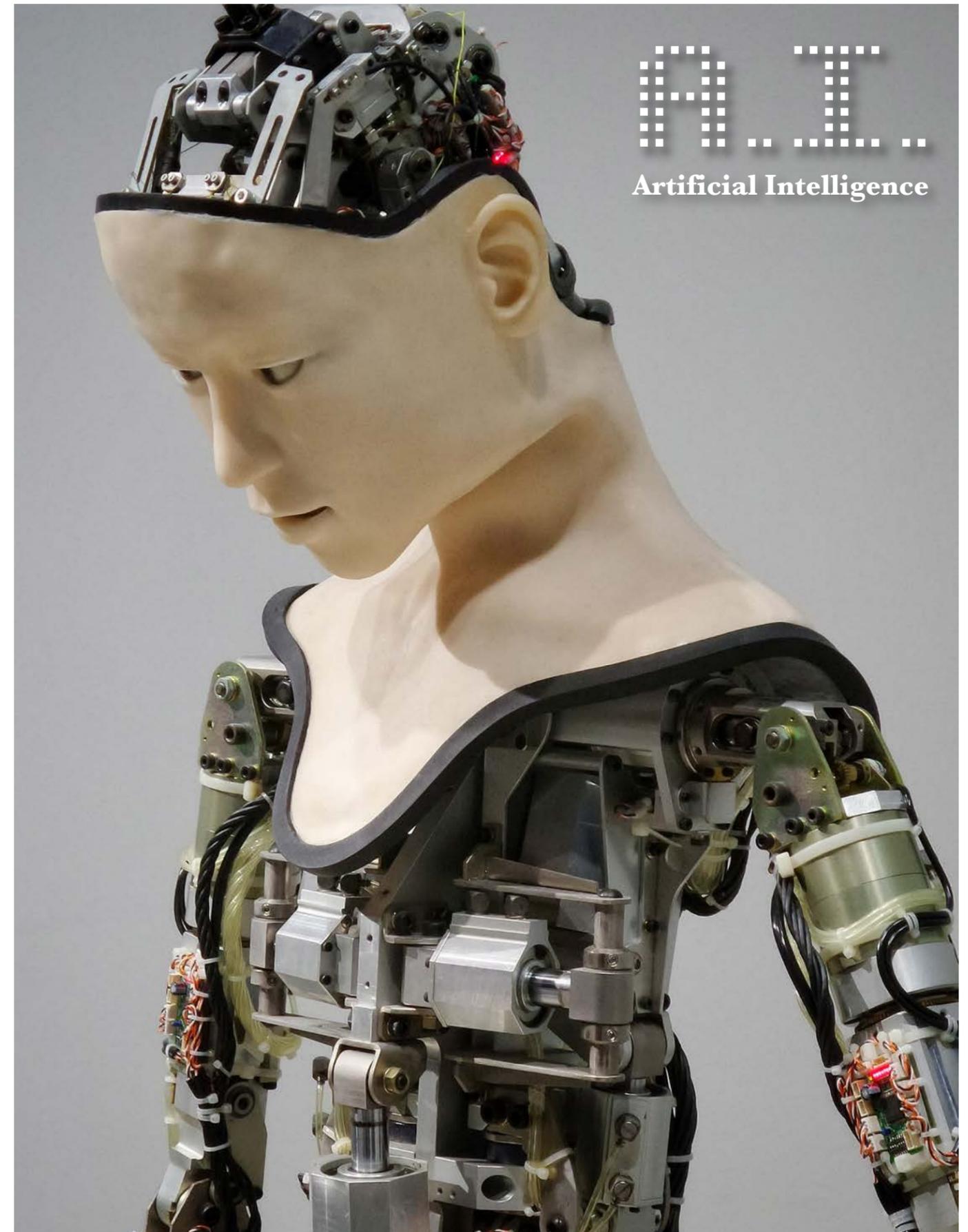


What is Artificial Intelligence?

Encyclopedia Britannica Online describes Artificial Intelligence (AI), as the ability of a digital computer or computer-controlled robot to perform tasks commonly associated with intelligent beings.

The term is frequently applied to the project of developing systems endowed with the intellectual processes characteristic of humans, such as the ability to reason, discover meaning, generalize, or learn from past experience. Since the development of the digital computer in the 1940s, it has been demonstrated that computers can be programmed to carry out very

complex tasks—as, for example, discovering proofs for mathematical theorems or playing chess—with great proficiency. Still, despite continuing advances in computer processing speed and memory capacity, there are as yet no programs that can match human flexibility over wider domains or in tasks requiring much everyday knowledge. On the other hand, some programs have attained the performance levels of human experts and professionals in performing certain specific tasks, so that artificial intelligence in this limited sense is found in applications as diverse as medical diagnosis, computer search engines, and voice or handwriting recognition.





The theme for this season's magazine centers around Artificial Intelligence (A.I.) and what it means for us in our every day lives. While the current pandemic has increased our time online and behind a computer screen, we also asked the question, "what are you doing when you are not behind a screen?"

On Thursday, January 27th, Dr. Michael Ryall gave a presentation on Artificial Intelligence which was part of our Faith & Lecture Series. Dr. Ryall describes A.I. as "an exciting and very active area of research in computer science. Many describe the ultimate goal of this line of work to be the creation of machines with 'human-like' intelligence. Popular culture leaves us with many images of what success might look like, from the killer soldier robots in The Terminator, to the oppressed robots of Blade Runner, to the special agents in The Matrix, to the idyllic companion in Her. Unfortunately (or not, depending upon your perspective), none of these scenarios will materialize any time soon—contrary to media hype, machines exhibiting truly human-like intelligence are still way off in the distant future."

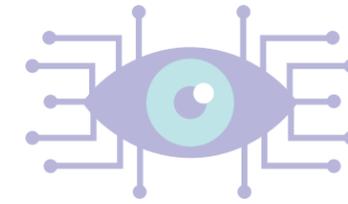
"Nevertheless, we have entered the Age of AI. This technology may not be up to creating the kinds the beings imagined in science fiction movies, but it is powerful, it is omnipresent, and it is exerting a massive influence on the affairs of humans. Is this influence good or bad? In this talk, I will explore the answer to that question from an Aristotelian/Thomistic perspective of human flourishing: do these technologies make us more or less human?"

If you would like to watch this very interesting and provocative lecture series, please visit our YouTube Channel: <https://bit.ly/3J1Wj6H>



Dr. Michael Ryall is Professor of Strategic Management at the University of Toronto.

As an economist trained in game theory, his best-known research is on the Value Capture Model, a theory that provides a mathematical foundation for business strategy.



What are WE doing on our downtime?

By Lisa Sullivan

One of the challenges many of us have had during the pandemic is separating our work/study time from our personal time. Since we're doing everything from home, the line between work/study and the rest of our life can become blurred, especially if you're like me and you happen to be working/studying from your bedroom on your personal computer. It can be hard to step away from work or school when it's always there, tempting you to keep working. One way to step away from work or school is to shut down your computer and unwind away from your devices. I'd like to share with you a few things that I do to carve out some personal downtime in my life and provide some suggestions for how you might do so too.

Intentionally do nothing. By this, I mean just turn off your computer, sit down, and relax. Often today we feel the need to constantly be doing something. Even when we're talking about winding down or relaxing, we feel like we need to engage in some sort of activity. While activities can certainly help us relax, there's also something to be said for just sitting down and letting your mind wander. I like to sit in a comfy chair and stare out the window. You can also grab a hot drink or put on some music if you like.

Bake or cook. I like taking some time to bake cookies, or cook something new for dinner. I need to eat anyway, so why not use the meal prep process as an opportunity to step away from your computer? If you're new to cooking or baking, start with something simple like pasta and sauce, or chocolate chip cookies. You may need to use your computer to find a recipe or instructions, but cooking and baking are really activities you do away from the screen.

Read for pleasure. I don't read for pleasure as much as I used to, especially because I spend a large portion of my day reading. However, I find that once I get started, I really enjoy it and wish I would read more. If you haven't read anything for fun in a while, maybe pick up a shorter book you know you'll like, read a chapter and see where it takes you.

Get outside and go for a walk. This one's pretty straight forward, but even just a quick 10 minute walk around the block once a day can help you relax.

Start or continue a hobby. I've recently learned how to crochet and have been making dishcloths. They're practical, and it's not a big deal if you mess up, since they're just used for cleaning anyway. You may need to watch some videos or take an online class to get you started, which is kind of cheating, but once you've acquired the skill, you won't need the computer so much.

Regardless of how you choose to spend your downtime, carving time out of your schedule is a good way to recharge and add some balance to your life.

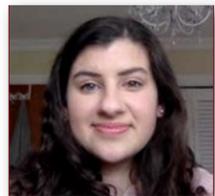
Lisa Sullivan is a 4th year PhD Candidate in Linguistics at the University of Toronto, focusing on sociophonetics and phonology in North American English

What do students do on their downtime?



:: Luis Dizon:

During my spare time, I like to do some moderate-to-intense cardio workouts by skipping with my jumprope. By regularly skipping for 20-40 minutes a day, I am able to stay physically fit while also improving my mood and becoming more mentally alert. I usually also listen to audiobooks and podcasts while skipping so that I can keep learning while I do my cardio. This way, I am able to keep all aspects of my person in top shape.



:: Zephania Gangl:

During my downtime, I enjoy hiking and exploring the great outdoors. I love visiting local churches and admiring the beautiful, traditional architecture and stained glass. I also enjoy cooking, baking and trying new recipes. Singing praise and worship with my sister and reading novels are some of my favourite pastimes.



:: Belinda Kusuma:

Walks are great, especially as it gets two things done in one go: exercising and letting my eyes see something other than a screen around 50cm in front of me. I usually take a 20-minute walk sometime around 4pm, when I can't stand seeing the pixels on my screen anymore. Also, that quiet time in the middle of the day means is great for meditating. I also love to craft. I seem to have collected a lot of crafting skills, from knitting to crocheting to sewing.



:: Isabell Ryznar:

During my free time I like to knit! I especially love knitting things to wear (socks, sweaters, hats), and I also love knitting gifts for my family! In this picture I'm working on a sock for my sister. For me, knitting is a reminder that while progress appears to happen in the tiniest steps (individual stitches), a finished project doesn't exist without them, so these tiny steps can't possibly be insignificant!



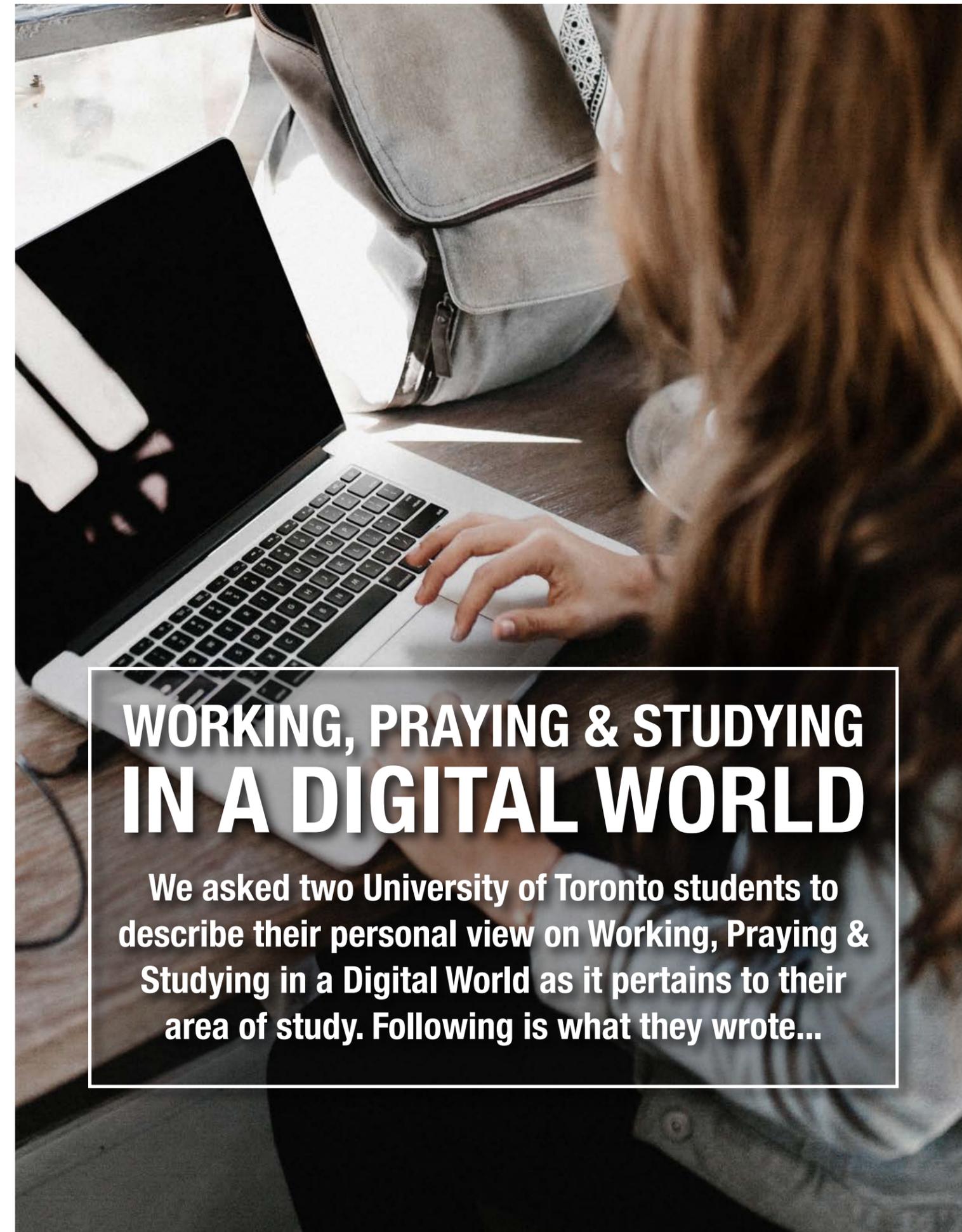
:: Vincent Pham:

Thanks to the more 'virtual' interactions for classes and events due to the pandemic, I have found myself finding pockets of time to head outside for walks a lot more frequently. Over the past two-years, I have been able to discover small parks just 45-minute walk from my house, and many small, quiet neighbourhoods. Moreover, my downtime has also been spent reading books I have accumulated over the years, mainly in the areas of Theology, Liturgy and Travel. The pandemic afforded me these opportunities that I have been making excuses not to do for quite some time.



:: Angela Yoo:

During my downtime away from the screen, I usually spend my time playing sports, practicing my violin or cooking. Some of the sports I enjoy playing are table tennis, cycling and golf. These sports fuel my social energy and make me feel refreshed after long hours online. After my workout, I like to cook myself a good dish that I saw on a cooking reel!



WORKING, PRAYING & STUDYING IN A DIGITAL WORLD

We asked two University of Toronto students to describe their personal view on Working, Praying & Studying in a Digital World as it pertains to their area of study. Following is what they wrote...

A Whole New World From a Social Work Student's Point of View | By Jonathan Ng

Rise and shine, it's a whole new day. Got out of bed, and began commuting...to the living room.

Slowly settled in front of the computer barely awake, and on the other end of the screen, a surprise awaits. Depending on the day, this can be a professor giving a lecture on the Code of Ethics, a research team discussing new trends and data, multiple emails sent with high importance, a mountain of articles and reading materials... The sky's the limit.

The pandemic has forced many to make drastic changes to their routine, which undoubtedly includes students in the field of Social Work. In the past, classes and field placements typically take place in-person, allowing a more genuine connection between students, instructors, and clients. Now, classes and placement are being conducted virtually or with a hybrid model depending on the setting. On one hand, this can avoid unnecessary exposure for our own safety and the safety of others; It reduces commute time and expenses for many, and most importantly, it allows those who are immuno-compromised to continue to participate. On the other hand, however, shorter commute time also made intensive schedules possible, oftentimes leaving as little as five minutes for lunch between meetings. Along with the learning environment being merged into one's personal space, it is now less difficult to feel 'burnt out' that it can become challenging to draw clear boundaries between our professional self and our personal self.

As one of few cohorts of Social Work students being trained in the midst of a pandemic, this is a unique opportunity to reimagine the possibilities that comes with the profession. One of the 'collateral damage' of the pandemic was increasing cases of anxiety

and depression, in fear of the unprecedented situation, among rising demands in many other social and mental health support services. As such, it would be a challenge for Social Workers to keep with the times and continue to serve the community, professionally and adequately.

On a personal note, the very essence of uncertainty in this situation is also a unique chance to seek for a closer, yet creative, faithful life within the community. From spiritual communion to virtual fellowship, numerous opportunities were introduced to 'compensate' for the restrictions that halts in-person gathering at times. In fact, it is now possible to attend class in one minute and be in a fellowship the next minute, if not finishing an assignment while on virtual adoration at the same time. Hence, it would be interesting to ask whether the pandemic has indeed pushed the faithful further apart, or brought them closer together?

As the clock slowly strikes midnight, night prayers were said, and the commute begins... back to the bedroom...

Rinse and repeat, the routine continues, and so does the strive to become a better self and a well-equipped Social Worker.

Jonathan Ng:
First year Master of Social Work (MSW) student and a research assistant at the University of Toronto.

He is also a student staff at the Newman Centre Catholic Mission.



Promoting Good Ocular Health During the Age of Digital Devices | By Antoinette "Aimee" Reyes

Lockdowns have caused increased use of digital technology, and advertently, has exponentially increased digital screen time. There are benefits to this technology, such that it provides a platform for socialization, a digital workspace or learning medium, entertainment, and accommodates for increased accessibility across the world. However, the COVID-19 pandemic has led to a rise in dependence on technology to navigate the world. Prolonged screen exposure and screen time have ultimately led to harmful and potentially detrimental effects on the eyes.

The incidence of digital eyestrain has increased due to the rise in the prominence of streaming platforms and social media. Severity can depend on the amount of time looking at digital screens, lighting conditions and blinking frequency. Concurrently, individuals can experience headaches, blurred or double vision, and neck and shoulder pain. Increased digital screen time is associated with the progression of myopia, a condition of nearsightedness. Even before COVID-19, increased screen time was linked to potentially harmful effects on ocular health. Strategies for better care of our ocular health are more significant now and for the foreseeable future.

There are several options to take care of our eyes. The 20-20-20 rule is a technique to reduce digital eye strain by resting the eyes. Focus on an object 20 feet (6.0 m) away for 20 seconds every 20 minutes spent staring at a screen. Additionally, grabbing a glass of water during those 20 seconds can keep the body—and the eyes—hydrated. Drinking water flushes out some of the salt from the body and retains moisture. Vitamins may slow the progression of eye conditions and act as a protective measure. Vitamin A is crucial for good vision by providing hydration as moisture. It is present in beta carotene-rich

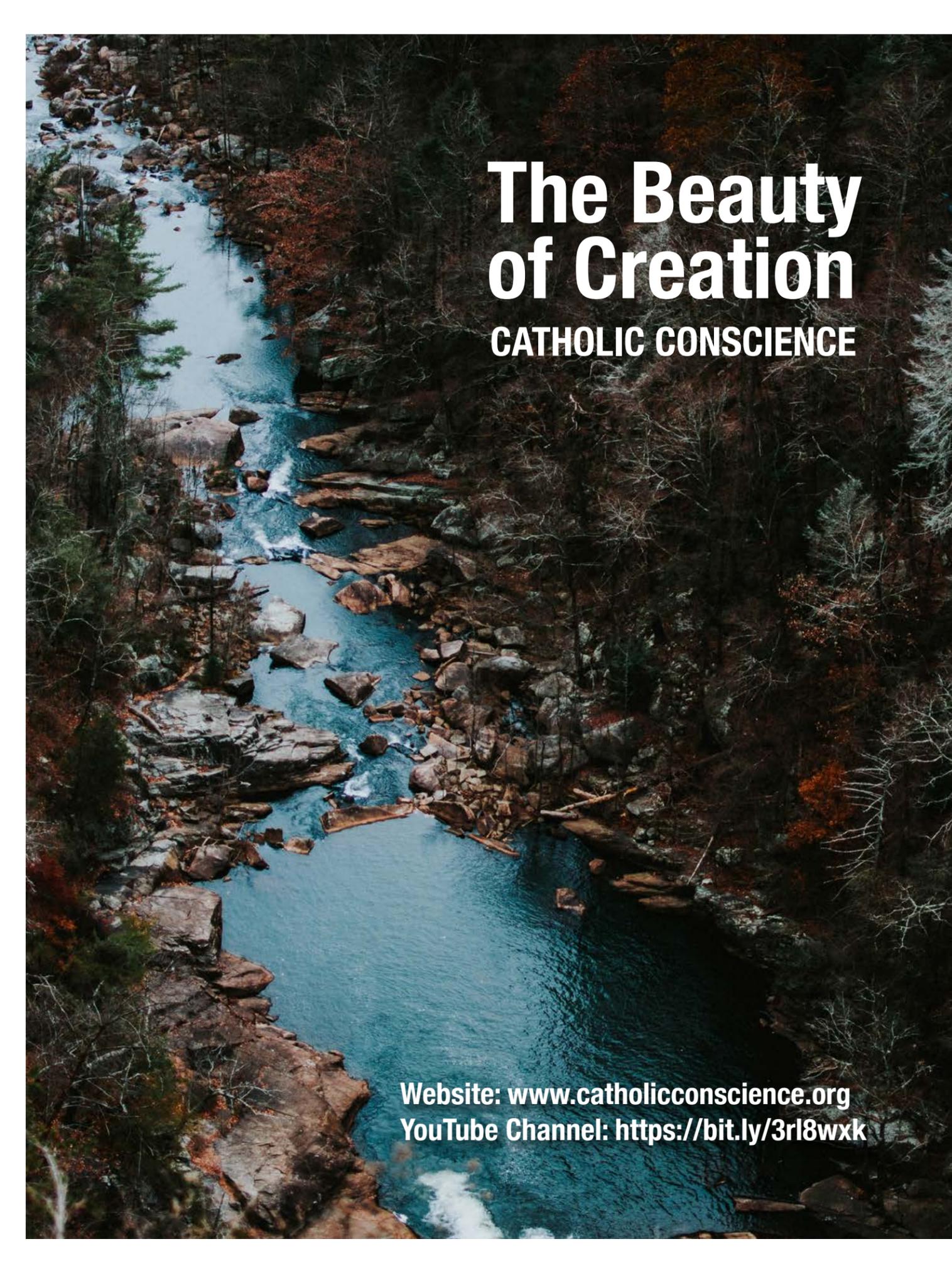
foods, which can be incorporated into the diet by consuming fruits and vegetables, including spinach, carrots, lettuce, cantaloupe, and sweet potatoes. Artificial tear eye drops can provide temporary relief for dry, irritated eyes as it keeps them moist. It can be beneficial to opt for non-digital alternatives, such as reading physical books rather than using a tablet. Incorporating organizational ergonomics in the workspace can be an option. This discipline accommodates posture and ensures the optimal distance between the eyes and the screen to eliminate discomfort and eye fatigue. This strategy is optimal for those who work or study for long hours at home. If you start noticing visual differences, including white spots or blurred vision, schedule an eye examination or consult your family physician. Limiting screen time is a useful strategy for taking better care of the eyes. Some phones have an App Limits setting, where time spent on the apps can be limited to a certain amount of time per day, or a Downtime option to schedule a quiet period to rest the eyes and avoid staring at the screen by limiting apps that can be used at this time.

As mentioned, there are many options for better eye care, from hydrating and incorporating vitamin-rich foods in the diet to using a simple 20-20-20 rule. However, the most powerful way is to allocate time to go to Church if it is safe to do so or provide a quiet space for yourself. Close your eyes and dedicate this holy time for peaceful prayer in the presence of God, the Almighty Father.

Antoinette "Aimee" Reyes:
Hon. Bachelor of Science Candidate Health & Disease Specialist, Nutritional Sciences Major & Immunology Minor New College, University of Toronto.

She is also a student staff at the Newman Centre Catholic Mission.





The Beauty of Creation

CATHOLIC CONSCIENCE

Website: www.catholicconscience.org
YouTube Channel: <https://bit.ly/3rl8wxk>

Contemporary civilization is characterized by a technological paradigm, in which our increasing control over nature challenges our interpretations of the essence of what is natural, what is good, and what is properly human. This has major implications for civic life, in areas such as bioethics, medicine and the dignity of the human person, the state of the environment, and our relationship with the rest of creation.

In the second half of a speaker series at Catholic Conscience, Geoffrey Woollard and Peter Copeland will build on the themes of the first, which include integral ecology, the unity of knowledge, and the purposive, intelligible nature of all of Creation as they continue to engage with leading scientists, philosophers, and theologians whose work is nourished by a Catholic Christian understanding of the world.

The series began in September with Professor Christopher Baglow, who spoke about faith & science, evolution, and how we come to understand ourselves as beings with a discernable nature that has nonetheless evolved and is still evolving.

In October, Sister Damien Marie Savino addressed the interconnectedness in all things, and the link between integral ecology (care for the environment) and human ecology (pro-life). Building on those themes in November, Professor Christopher Thompson spoke about bringing Catholic theology, philosophy and practice into closer conversation with environmental thinking.

On December 9th was the second half of the series with Professor Sonsoles De LaCalle – Chair of the Health Sciences Department at California State University. She addressed gender theory and outlined a Catholic approach. She spoke to the nature of the human person as sexually dimorphous, the masculine and feminine geniuses, and our inherent complementarity.

On January 12th, Fr. Peter Turrone and Dr. Natasha Fernandes discussed how to care for the whole person from the perspectives of neuroscience and psychiatry.

In February, we will be joined by Rev Dr Giuseppe Tanzella-Nitti, Professor of Fundamental Theology at the Pontifical University of the Holy Cross, and formerly CNR researcher in Radioastronomy, Bologna, and Astronomer at the Observatory of Turin. We will speak with him about God's revelation through nature – how scientific and theological perspectives are united.

In March, Geoffrey Woollard will speak to how attentiveness to experience in scientific practice bears fruit in the lab and reveals the deeper laws and natures of things present all around us. We will conclude the series by asking our guests back for a panel discussion in the spring, synthesizing the insights we've gleaned from the variety of their fields of expertise, united in the fullness of truth, which the Catholic faith and her intellectual tradition provides.

A primary goal of Catholic Conscience is to bring the values of the Gospel, as reflected in Catholic social teachings, into the centre of social discourse. We present seminars and workshops, publish podcasts and videos on a variety of topics intended to stimulate discussion, form our consciences, guide our lifestyle choices, inform our private and public conversations, and help us discern which political leaders we support.

Throughout the series, we will be highlighting the implications of the scientific and philosophical findings to our lives as citizens.

Please join Catholic Conscience by signing up for each session and subscribing to the Catholic Conscience newsletter. The webinars are interactive in nature, so come prepared with your questions.

AUTHOR'S BIO:

Peter Copeland has a background in business, entrepreneurship, teaching and philosophy. He works in politics as a Policy advisor in the Provincial government, and has an interest in bridging the world of ideas and public policy.

Geoffrey Woollard is a PhD student in Computer Science at the University of British Columbia. He helped organize the Toronto Chapter of the Society of Catholic Scientists while at U of T, and is the President of a new University Chapter serving Metro Vancouver.

Mindfulness Alert

By Lenita Lopes

Technology was already dominating our lives and then a pandemic happened, and we became again ever so reliant on it. At the start of the pandemic, I embraced this more relevant way of engaging, but I quickly recognized my need to disconnect. What if I used technology to remind myself to check out for a while?

The World Health Organization defines health as not just a mere absence of disease or illness but a state of complete physical, mental, and social well-being. Exhaustion, stress, and unhappiness can easily dominate our lives and that can take a toll on our well-being. The good news is that we are more and more in control of our own health and healing. We are not responsible for our wounds, but we are responsible for our healing and to have God guide us in the process. We can also be more MINDFUL in preventing or warding off stresses and learn strategies to combat the overwhelming situations life can throw at us.

Technology can contribute to our stress but can also help us to achieve optimal mental health outcomes. There is an application for everything and in the world of meditation this is no exception. You can begin by trying some and see which ones best suit your needs. In the busyness of life, I like to use my phone to set, what I call a MINDFULNESS alert. It notifies me to allot a part of my day to practice meditation, where I stop and pay attention to things in greater detail.

I was first introduced to meditation by a Franciscan Luso-Canadian nun in Toronto at St. Agnes Parish who spent a part of her life as a missionary in the east. Perhaps, by sharing that it was first introduced to me by a nun, perpetuates the stereotype that it is a religious based practice. Its roots likely do stem from religion. However, let's be clear, meditation is not a religion. Meditation is simply a method of mental training. Many people who practice meditation are themselves religious, but then again, many atheists and agnostics are keen meditators too.

It can appear to be daunting when starting to incorporate this practice. A meditation application can help us by guiding us through it. Just remember, it does not have to take a lot of time. Dispelling the myths of meditation further, you don't have to sit cross legged on a floor. You can begin by practicing bringing mindful

awareness to whatever you are doing, on your commute, while doing the dishes or laundry. Simply said, you can meditate anywhere.

For those of us who may find it difficult to sit in silence with little motion, a short walk is a great stress reliever and a good time to put into place meditation. Destination is unimportant, just openness to all the sights, sounds, and smells is all that is needed. You may notice the fire engine red of the poinsettias and the holiday lights adorning your neighbours' porches all the while listening to the sounds of the slushy snow, the sound your boots make on the icy city sidewalk, and the wetness of the snow on your face. Open all your senses to the world around you.

If a chilly walk isn't your thing or in addition to your mindful urban walk, you can take a three to five minute deep breathing session. This is especially useful to do when you find yourself angry, anxious or stressed. It may be hard to remember to stay calm when we are feeling overwhelmed. A short pause, a short meditation, can dissolve negative thought patterns before they become larger and take control over us by redirecting them. It is more realistic to start with just a few minutes and remember; even avid long time meditators' minds wander, just gently escort it back to awareness and continue with the meditation.

Meditation will help reduce stress, manage anxiety, and improve self-image and sleep. It all starts with us; self-care is essential to our well-being. It can help us to be gentler with ourselves; by caring for ourselves we can better care for those around us and be better equipped to handle the situations we face daily. It is so important to get out of auto-pilot mode, to stop and smell the roses, to be present in the moment. Your body, mind, and soul will thank you. Incorporating this will not be new to any of us who have a prayer life, it can enhance it. Close your eyes, imagine not being alone and that you are forever wrapped in God's love.

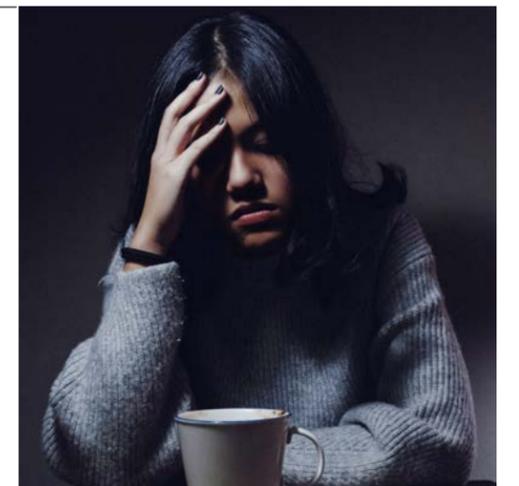
MENTAL HEALTH SUPPORT FOR STUDENTS

For students (18 - 35 years old) experiencing stress, isolation, or struggling with school-life or work-life balance.

Local: (647) 249-9059 | Toll free: (877) 794-8373

Hours of Operation: Every Wednesday
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Catholic Family Services of Toronto & Newman Centre Catholic Mission



Student Campus Ministry Update

by Sandra Hallig, Newman Centre Campus Minister



On September 9th, 2021, Newman Centre happily opened its doors to the public once again. It's no surprise this Fall 2021 was unlike any other.





Though our doors were open, our students were navigating uncertainties in different areas of their lives because of the ongoing COVID Pandemic. Despite these uncertainties, our Newman Core Staff, Student Staff and Student Leaders were ready, willing, and able to brainstorm creative ways our community can stay connected in these times.

Firstly, it was the “mark” of a new beginning for our Chaplain and Executive Director, Fr. Mark Kolosowski. Students, Staff, Parishioners, and other members of Newman were delighted to welcome him into the community! We continued in September with events such as New Newmanite Supper, Outreach activities to meet new students and a Commissioning Mass for our incoming Student Leaders. We also kick-started the year with our Interchaplaincy Walking Pilgrimage to

Martyr’s Shrine. We were joined by students from Universities and Colleges all over the GTA. After long semesters online, it was surely a refreshing and spiritually nourishing trip. Eliza Trotter, Associate Director of Diocesan Campus Ministries, speaks more about this experience on page 20.



We were excited to announce Pray and Play back in person! Every Tuesday evening, students meet for Holy Hour and Night Prayer in our Chapel, followed by games and social time in the Centre. On the final Pray and Play before Christmas 2021 Break, our students planned a fun, Karaoke night. We also had opportunities for students to meet in small groups communities. Groups such as our Women’s & Men’s Ministry, UTCCC (Chinese Catholic Community), Students For Life (SFL) and more returned to meeting together at the Newman Centre. Our CCO Faith Studies program continued with a total of 14 groups meeting in-person, online or in a hybrid setting throughout the semester. Students got a chance to talk about the different aspects of the Catholic faith and to journey with one another.

Throughout the months, our Newman Catholic Students Club (NCSC) hosted Newman Nights: an evening for students to come together, pray, meet other Newmanites and hear a short teaching related to the Catholic Faith. This semester, our theme for Newman Nights was “Striving for Sainthood,” in our classrooms, our parish communities, with our families and friends. NCSC also welcomed back, “Street Patrol,” an event where students would prepare food and care packages to hand out to the less fortunate on the streets of Downtown Toronto.

As we neared the end of the Fall 2021 semester, we were hit with the unfortunate news that students would be off-campus until January 31st. What seemed to be a situation that left us without direction, ended up being something we took as a challenge. This past January, our Student Leaders joined together for our Winter Leadership Retreat and took some time to pray and plan what this next semester could look like. Leaders were ready with inspired ideas that ensured our Chaplaincy continues to move forward during these times. We are excited to see where the Lord will take us this next semester and are confident that He walks before us.

For new and returning students, we welcome you to join us for upcoming events, whether it be online and/or in-person. Be sure to check out our social media channels for updates about Centre hours and upcoming events.



INTER-CHAPLAINCY WALKING PILGRIMAGE AT THE MARTYRS' SHRINE | BY ELIZA TROTTER



to a reading of the account of martyrdom of these two saints. Although the skies had been clear throughout the walk, a sudden heavy rainstorm during the reading gave pilgrims a glimpse of the difficult conditions the early missionaries faced in Canada. Fr. O'Brien celebrated Mass – still in the midst of a downpour - and during his homily

The second annual Inter-Chaplaincy Walking Pilgrimage took place on Saturday, September 25, 2021 on the Vigil of the Feast of the Canadian Martyrs. The event was organized by the Archdiocese of Toronto's Office of Catholic Youth and post-secondary campus ministries, in partnership with the Jesuits of Canada. Almost 100 students from six different chaplaincies, as well as re:generation missionaries, participated in the day-long pilgrimage led by Fr. John O'Brien, SJ, the Provincial Assistant for Vocations. They wanted to walk in the footsteps of the Martyrs, in penance and reparation for the tragic legacy of residential schools, as well as to pray for their personal intentions as the new school year began.

Because the Martyrs' Shrine is largely closed due to the pandemic, the pilgrims gathered at Sainte-Marie Park near the Shrine. Following an opening talk and blessing, they spent the next three and a half hours praying and walking to St. Ignace II, the site of the martyrdom of St. Jean de Brebeuf and St. Gabriel Lalement. Once at St. Ignace, students listened

reminded pilgrims of the words of St. Ignatius that have perennial value: "What have I done for Christ? What am I doing for Christ? What might I do for Christ?" Following the Mass, students received a blessing with the relics of several of the Canadian Martyrs. The pilgrimage concluded with an outdoor dinner and a journey back to Toronto for the weary yet happy pilgrims.

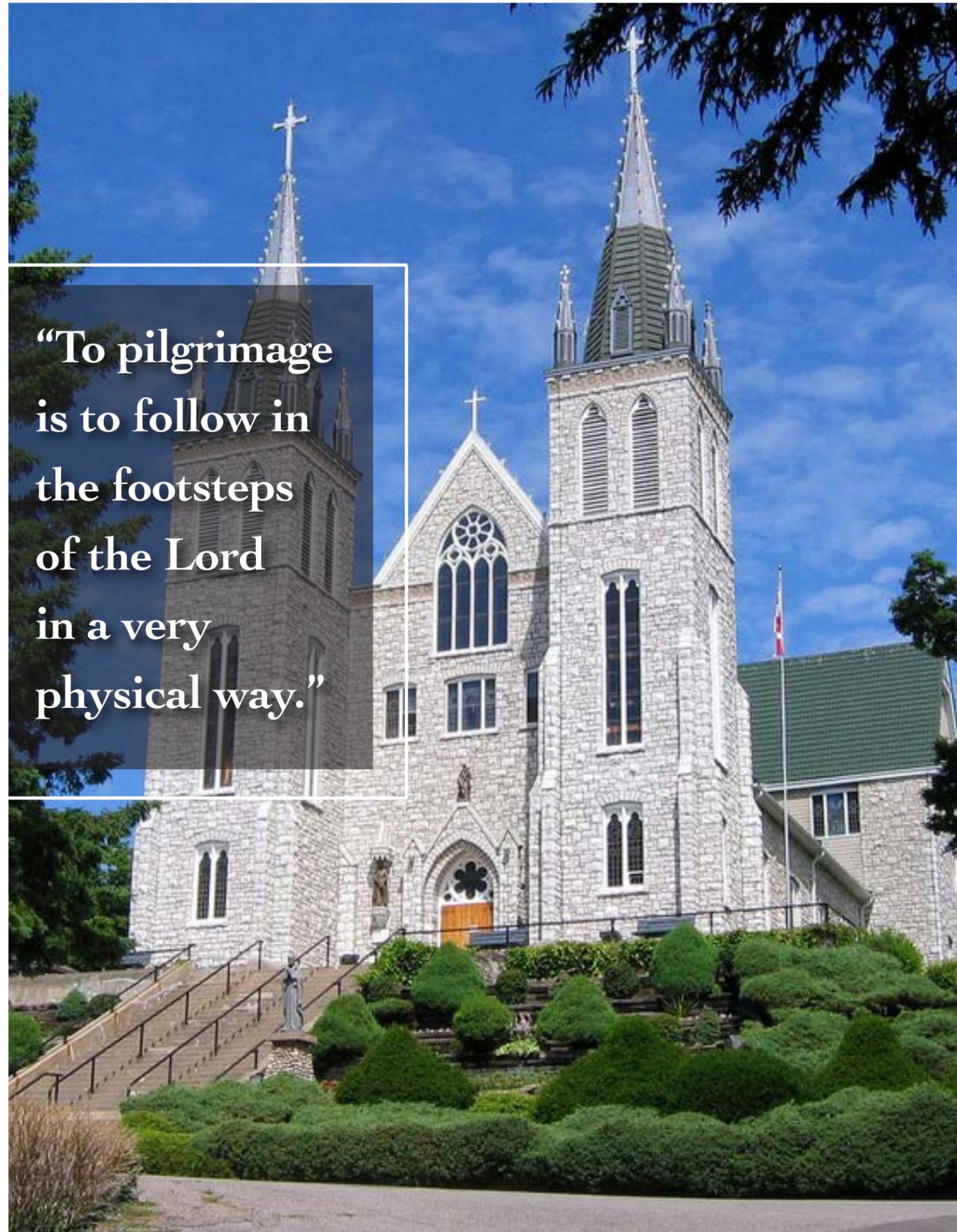
For many students, this was their first pilgrimage experience. Simeon Zhang, a student in the University of Toronto Scarborough Catholic Chaplaincy, commented, "As someone discerning the Catholic faith, this pilgrimage was an amazing experience of devotion which I've never participated in before." The pilgrims also learned about the Jesuit Martyrs and were encouraged to ask their intercession for Canada and for their own needs. University of

Toronto student Sammy Jr. Paraguas noted, "It's always so humbling to see Catholics gather together...for prayer and reflection. I - and I'm sure many others - was able to feel the power of our faith in this pilgrimage and it allowed us to reflect on how we are able to serve the Lord better within our lives."

Highlighting the significance of pilgrimages, Fr. O'Brien remarked, "To pilgrimage is to follow in the footsteps of the Lord in a very physical way. There's sweat and sore feet. Sometimes you're slogging it in the rain. But it also produces a deep sense of interior renewal and even joy. Why is this? If a pilgrimage is a temporary metaphor for our entire earthly life, then it is giving us a little foretaste of eternity, of what it will be like to reach our heavenly home." For these students, the event did indeed leave them spiritually refreshed and looking forward to another opportunity to journey together on pilgrimage.



Saturday, September 25, 2021



"To pilgrimage is to follow in the footsteps of the Lord in a very physical way."



Christmas Season 2021

December at a Glance...

This past December, during our Christmas Season, in keeping with the proper safety protocols, we held many student events (NCSC Coffee House, Pray & Play, Christmas Decorating Event and Newman Nights), held our our annual Advent Retreat on December 4th featuring Sister Agnes, Vocations Director of Franciscans of the Renewal. We held our Sacred Music Seminar - organized by one of our music directors, Sarah Maria Leung - presented by Peter Mahon and Dr. Aaron James. Last, but not least, on December 12th, we held our Advent Fellowship Bake Sale. We would like to thank all our parishioners, students, staff, and volunteers for all their unwavering support. Despite the current pandemic and its restrictions we were able to join together to celebrate the season of Advent.

With the help of our volunteers and our staff, we decorated our Church and Centre.





CALLING ALL STUDENTS... TO JOIN & SUPPORT OUR NC COMMUNITY!



LOOKING FOR WAYS TO CONNECT WITH THE NEWMAN COMMUNITY?

We invite you to join us for some weekly events at Newman. Tune in online to join us for time in prayer, some watch parties, and a chance to meet other Newmanites.

Zoom link is here: <https://linktr.ee/newmanuoft>. See you there!

Newman Weekly Events

MONDAYS: MORNING PRAYER <small>HOSTED BY CHAPLAINCY STUDENT LEADERS TEAM</small>	9:40 AM
TUESDAYS: PRAY & PLAY <small>HOSTED BY NEWMAN CATHOLIC STUDENTS CLUB</small>	7:00 PM
WEDNESDAYS: THE CHOSEN WATCH PARTY <small>HOSTED BY CHAPLAINCY STUDENT LEADERS TEAM</small>	7:30 PM
UPCOMING EVENTS	TBA

COME AND BRING SOME FRIENDS!

LINKTR.EE/NEWMANUOFT

INSTAGRAM: @NEWMANUOFT

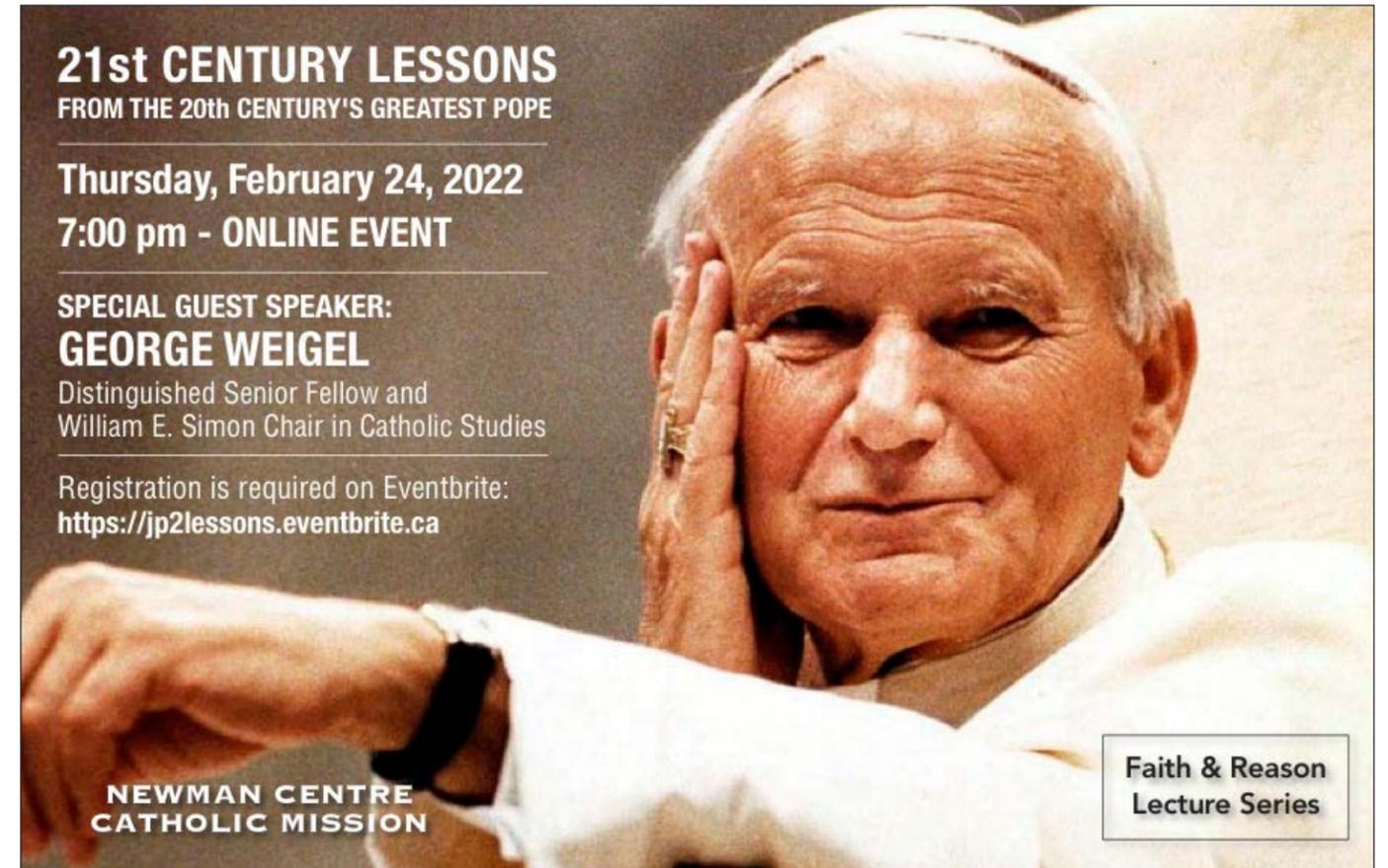
21st CENTURY LESSONS FROM THE 20th CENTURY'S GREATEST POPE

Thursday, February 24, 2022
7:00 pm - ONLINE EVENT

SPECIAL GUEST SPEAKER: GEORGE WEIGEL

Distinguished Senior Fellow and
William E. Simon Chair in Catholic Studies

Registration is required on Eventbrite:
<https://jp2lessons.eventbrite.ca>



REGISTRATION IS REQUIRED FOR ALL OUR EVENTS.

Please visit our Newman Centre Eventbrite page for more information: <https://bit.ly/3AV8Hmg>

Lenten Retreat | 2022

All are welcome to join us for the 2022
Lenten Retreat on Saturday, March 26th
from 9:00 am to 3:00 pm.

Our special guest will be
His Eminence Cardinal Thomas Collins,
the Archbishop of Toronto.

THE COST IS \$30 PER PERSON.

For more details, please register on
Eventbrite by following this link:
<https://lentenretreat2022.eventbrite.ca>

NEWMAN CENTRE
CATHOLIC MISSION

