



Christ Church Cathedral School

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February 25, 2010

Dear Parents,

Olympic Closing Ceremonies: We have decided to reschedule our Closing Ceremony assembly to Monday March 1st instead of tomorrow, to fit in better with the actual Olympic Closing Ceremony. Parents are invited to join us on Monday at assembly as we conclude our School's involvement with the 2010 Winter Games.

Haiti Relief: Our fundraising donation in early January went to Medecins Sans Frontieres. I am attaching their latest Field Update so you can see what they are achieving in Haiti.

Art Show and Open House: Tomorrow we will be assembling the art show in the gym. Mrs Halliday is still in need of volunteers to help her to hang the work. If you are able to spare even an hour to help out it would be very much appreciated. I hope you all received the posters we sent out last week advertising the show and the Open House on Tuesday. Please distribute them as widely as possible.

Leprechaun Leap: St. Patrick's Day is a little way away but we'll be celebrating on Friday March 5th with our Leprechaun Leap. Details are coming home today on the permission form.

Tax Receipts: Any parents who paid 10 months full tuition for 2009 or paid for any Lux Mundi out-of-school care for 2009 will receive income tax receipts and/or letters today. Please ask your child if he/she has anything for you. If you have any questions or concerns about this please phone Bev at 250-383-5125.

Early Dismissal: Wednesday March 3rd.

Skating Club: There is no skating next week, Wednesday March 3rd. The last skate will be on Wednesday March 24, after Spring Break.

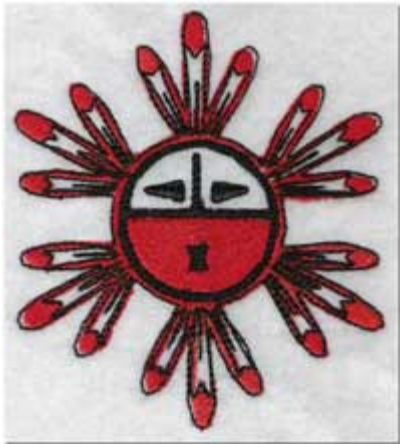
Student Led Conferences: The conferences will be held Thursday, March 4th from 1:00 – 4:00 p.m. Please sign up on the sheets posted outside your child's classroom if you have not already done so. The students are very excited to show off their hard work!

Spare Change Day: Tomorrow, Friday February 26, 2010 is our next **Spare Change Friday!** Please remind your child to bring in any spare change they have collected. The money we gather goes to three charities: Cystic Fibrosis, Juvenile Diabetes and Muscular Dystrophy. Thanks for your generosity in January, we collected a record breaking total of **\$254.45!**

Yoga for Children: Please see the attached flyer from Vicki for the next set of classes.

Sincerely,

Charles



Yoga for Children

Yoga for children in Grade 3-8 incorporates quiet and active poses with music, stories, art, breath awareness and rest. Children learn the names of the postures, movements, and body parts. Build confidence and concentration while developing body awareness, listening and observation skills.

Thursday's, March 25 - June 10 ~ 3:15 – 4:15 / 11 classes: \$70.00

Yoga for children in Kindergarten – Grade 3 will encourage fun, creativity, and stimulate curiosity within the yoga practice. The focus is on fine and gross motor development, self-expression, self-confidence, positive body image, and positive thinking.

Friday's, March 26 – June 11 ~ 12:25 – 12:55 / 9 classes: \$29.00

** Please note there will not be yoga classes held during Easter break and on May Professional Development Day.

Please see Vicki to register or, for more information please call 250-391-4048
Email: vchubby89@hotmail.com

- For health and sanity reasons, children are encouraged to bring their own yoga mat (approximately \$20.00). I have 5 extra mats available for use if necessary.
- **Hatha Flow or Hatha Yoga Class for Parents!** Monday, Tuesday or Thursday's 4:30 – 5:30. Please let me know if you are interested and if the days and time work for you. I'd be happy to set this up. ☺



Calling Parents and Children!

Volume 3, Issue 1

Winter/Spring 2010

Family Life Ministry at Christ Church Cathedral



Sunday School is Growing!

Our Sunday School is growing! The word is getting out! We have a team of caring and creative teachers who nurture our children's faith through a thoughtful program.

Each Sunday, during the 9:15 service, children gather to learn the stories and traditions of our faith. We currently have preschool, kindergarten, primary school age, and middle school age classes.

Children begin the

service in church with their families. After the children's focus, they move together to the Chapel of New Jerusalem for a gathering time of songs, prayers, and collection. Then they go to their classrooms for stories and activities, returning to the service for communion with their family.

The purpose of Sunday School is to help reveal God's promise of Love to each and every child. Everyone is a special part of that promise!

Parents are welcome to accompany their children to Sunday School.



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Fridays For Families (F4F)

Tuckered out at the end of your work week? Looking forward to some down time with your family?

Get an awesome start to your weekend together by coming to Fridays For Families! F4F offers an opportunity to enjoy a free, freshly-prepared meal, play some games, engage in adult conversation, and watch your children develop friendships.

And best of all, you don't have to do any dishes!

F4F is a relaxing way to get to know the Cathedral, both for newcomers and for

families who have been attending for a while. Everyone is welcome, so bring your friends and spread the word!

Families gather in the Chapter Room of CCC at 5:45pm for dinner. A new grace is taught each time we gather. Then, everyone participates in a group activity, which you can take home to incorporate into your family life. The program ends by 7:30 so little ones can be home for bedtime.

There is no charge and children of all ages are welcome.

Starting mid-April, F4F will take place on the 1st and 3rd Fridays of each month. In early spring, the meals will happen in the Chapter Room, but as the weather gets warmer, we'll head outside for barbecues, picnics, games and sports!

Refresh yourself and your family by coming out to F4F every couple of weeks. You'll be energized and strengthened in your connection with the church family and with God.

See you there!

Upcoming Events

- KIDSPACE: Friday, February 26th, 6:30pm
- Maundy Thursday Family Dinner: April 1st, 5:30pm
- Easter Sunday Contemporary Service: April 4th, 9:15am
- Fridays for Families: April 16, 5:45pm
- Evangelism and Transformation Conference, May 28th and 29th

KIDSPACE!

KIDSPACE is a gathering ministry for children in grades 4-7. This program is designed to help children find and claim their "space" in the church while acknowledging the "pace" of this age group. It is high energy, noisy, messy, and very fun!

KIDSPACE meets on the 2nd and 4th Friday of the month from 6:30-8:30. The group includes anywhere from four to ten or more participants. New faces are always welcome! Kids are encouraged to bring their friends.

Gatherings in the next few months will include playing sports in the gym,

board games, music jams, and movie nights. Bring your ideas, energy, enthusiasm, and readiness to participate!

There's nothing better than kicking off the weekend with a night of games, activities, movies, friends, fun, and food! So mark these nights on your calendar: Feb 26th, March 12th and 26th, April 9th and 23rd, May 14th and 28th.

At a recent KIDSPACE get-together, the youth came up with a few words to describe their feelings about this group.

Kool, Kind,
Kids

Incredibly
Intelligent

Directive

Super

Peaceful Play, Polite People

Awesome

Connected

Enjoyable Entertainment



Partners in Ministry

Children's ministry would not be possible if it weren't for dedicated adults who meet to organize and plan events and activities for younger folks. Thank you to all who lend your helping hands and support to Sunday School, youth and children's programs, and Vacation Bible School!

The church is an important place for kids to find a sense of reverence for God and nature, as well as developing their sense of self and integrity. Creating safe and fun spaces for

"The church is an important place for kids to find a sense of reverence for God and nature ..."

children to explore their spiritual faith is paramount to the continued thriving of the church and its message of love within the world.

A strong adult contingent of teachers, youth leaders, organizers, and volunteers forms a prayerful net that holds our children in their rightful

important place within the church body.

Consider whether you'd like to lend support to the Family and Children Ministry here at Christ Church Cathedral. We'd love to have your ideas and input!

**It really does take
a village to raise a child.**

**The family life ministry programs
provide opportunities to celebrate
the hard work of "being family",
while supporting each other through
faith, fun and fellowship.**

**At Christ Church Cathedral we know that
families come in all shapes and sizes.**

All families are welcome!

We Love Babies!

For wee ones and their caregivers, there is a "soft space" located at the back of the church, complete with books, toys, a rocking chair, and carpet.

This area is comfortable, quiet, and sheltered. Infants and toddlers are welcome to use this play area during service time, when accompanied by parents and grandparents.

Our hope is that this space will allow families to comfortably take part in any service or event in the church.



Camp Columbia Summer Program

Good news! Camp Columbia's summer program will be resuming in July.

This spring and summer, Family Life Minister Ruth Macintosh will be focusing her energies on developing Camp Columbia's Summer Ministry Program.

Camp Columbia is located on Thetis Island and runs all summer long, with weekly programs happening for families, children, and youth.

There is a Junior Camp for kids aged 7-11, girls' and boys' camps for 10-14 year olds, teen camps, wilderness camps, and theatre camps — plus a week-long family camp in August.

For anyone who wants to help out at Camp Columbia, there are plenty of volunteer positions and jobs available. We need energetic, dynamic people to make camp come alive this summer!

Christ Church Cathedral is excited and happy to be able to provide leadership and support to this place of fun, fellowship, worship, cooperation, learning, and spiritual growth.

Please keep Ruth in your prayers as she prepares and organizes for the best summer camps yet!

Don't forget to check the website and add Camp Columbia to your schedule: www.campcolumbia.com/index1.php.

Ruth's Got A New Assistant

Starting February, Penelope Hagan-Braun will be helping out the Family Ministry at Christ Church Cathedral. Ruth Macintosh, Family Minister, will be busy organizing summer camp programs at Camp Columbia, so Penelope will be the new go-to person for programs affiliated with the Cathedral.

Many of you know Penelope as the previous editor for the parish newsletter, youth worker for Threshold Housing Society, contributor to the



Camp Columbia: Come to experience summer fun, friendship, and spiritual renewal.

Evangelism & Transformation in a Secular Society

FREE CHILDCARE!!!

Christ Church Cathedral will be hosting an ecumenical conference with Brian McLaren and Steve Bell on the weekend of May 28-29, 2010.

The conference will take place on Friday night and all day Saturday.

Good news for parents of younger children: CCC is happy to offer FREE childcare for this event!

Qualified staff will be on hand to

engage your children aged 5-12 with activities, stories, outdoor play, and much more.

Please register as soon as possible if you wish to attend, since childcare spaces are limited.

For more information on conference leaders Brian McLaren and Steve Bell, please explore the website: www.cccvictoria.wordpress.com.



Calling Parents and Children!

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We're on the Web!
www.christchurchcathedral.bc.ca

For more information on Family Life Ministry at Christ Church Cathedral, please contact Ruth Macintosh, Family Life Minister, or her assistant, Penelope Hagan-Braun at (250) 383-2714. Or you can email us at rmacintosh@christchurchcathedral.ca or penelopehb@shaw.ca

"Children require guidance and sympathy far more than instruction."

- Anne Sullivan

Check out these websites for information, reflection, and fun!

The Primate's World Relief and Development Fund:
www.pwrdf.org/

Generation — Young Canadian Anglicans: www.generation.anglican.ca/

Lenten Reflections: www.wix.com/SeektheCarrot/lenen-reflections

International Anglican Family Network:
www.iafn.anglicancommunion.org/index.cfm

Christ Church Cathedral School:
<http://www.cathedralschool.ca/>





Dear Friend,

Today marks the one month anniversary of the catastrophic earthquake in Haiti. As I committed, I'm reporting back to you on MSF's activities that so many people – relief workers and donors alike – have contributed to.

As of the writing of this email, our response teams have:

- established medical services in over 20 hospitals, mobile clinics and other health facilities in and around Port-au-Prince
- provided emergency medical care to 18,218 people
- performed 1,986 surgeries
- delivered over 1,400 tonnes of relief materials
- mobilized 1,450 Haitian staff and 350 international staff

MSF's emergency wards are still treating a large number of patients. While surgery continues to be a priority and the operating theatres remain very busy, the nature and condition of injuries are gradually changing. Staff are seeing fewer wounds directly caused by the earthquake, while indirect consequences on people's health, such as diarrhea, tetanus and physical symptoms of mental trauma, are becoming more common.

We are also now moving to restore some of the care MSF was providing prior to last month's disaster, including treatment for patients with chronic conditions, those needing anti-retroviral treatment and emergency obstetric care. The gaps in the country's healthcare provision before the earthquake meant that MSF's emergency facilities were always busy. The disruption of so much of the most basic medical care means that, alongside the continuing care for injuries from the quake, there is also an influx of every kind of patient.

I hope you were able to follow the first-hand reports on the blog of our communications advisor for operations, Isabelle Jeanson, who joined the MSF emergency response team 48 hours after the earthquake struck. She has now returned to Canada, but you can read her most recent entry, as well as find out about upcoming blogs by MSF staff in Haiti, by [clicking here](#).

The past month has been devastating for the people of Haiti. But it has also been a month of resolve and hope, as Haitians have found ways to survive under the most difficult circumstances. Thanks to your support, MSF's response to the catastrophe has helped survivors and we will continue to respond to the emerging medical needs of the population.

You can continue to follow MSF's work in Haiti and share it with your networks on [Facebook](#) and [Twitter](#).

Thank you again for your support and solidarity. Please check [our website](#) for the latest information on MSF's emergency response in Haiti and in other parts of the world.

Marilyn McHarg
General Director, MSF Canada

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