

April Newsletter

DOECUNY SOYO
April 2017 Newsletter

Highlights

- Basketball Tournament May 5-7 in Ottawa!
- New Hats still available!

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Blessed Lent

An Important Lent Message by Fr Nikolai

"Do not be ashamed to confess your sins." Wisdom Sirach 4:26

It is Lent and have we been to confession yet? If not why? Here are some reasons I think might be given:

I have nothing to confess

I am afraid to tell my priest what I did.

I am afraid my priest will tell my parents.

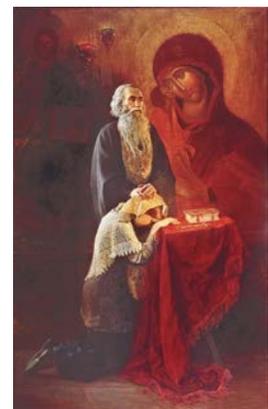
If we give the first reason we are saying we have not sinned at all. I hope that is true but most of us if not all of us have problems and make mistakes. Even your Priests go to confession because they sin. So I think we all have something to confess. If you really don't know what to confess, go to confession and confess that you do not know. Being honest and real in confession is the most important thing when making your confession.

The second reason given, that you are afraid to tell your priest what you did, is commonly given by teens. Sometimes teens are really afraid of their Priest, they do not know him well and who likes telling someone they don't know their most personal secrets. The solution is to get to know your Priest. Invite him to teen group, ask your parents to invite him over for dinner. My assumption, being a Priest and having been a teen who had problems, is that your Priest does not want you to be afraid of him and he really wants to help you. I do not know any man who became a Priest so that they could scare teens.

The third reason, I am afraid my priest will tell my parents, is the easiest to answer. We as Priests are not allowed to tell anyone about what you confess. It stays between us and God. Your Priest may give you advice and may recommend you talk about

a given sin with your parents and or a counselor, but only because we think it would be the best thing to do to help you deal with the sin you confessed.

Finally confession is about being real and honest with God and receiving from God forgiveness and help. Your Priest is there to bring God's forgiveness, grace and mercy to you in confession. He does this when he prays for you to be absolved, forgiven, of your sins. This is one of his jobs of the Priesthood, that Christ gave to them before He ascended into heaven. Take advantage of it this Lent!



Basketball Retreat 2017 by Jumana El Chaer



IT'S THAT TIME OF YEAR AGAIN! The basketball retreat is fast approaching! I hope you have your teams ready and you started practicing! The retreat will be held in Ottawa, Ontario on May 5th-7th! We will be staying at the Travelodge Hotel, 1376 Carling Ave, Ottawa, ON K1Z 7L5.

Check the DOECUNY weebly page for the registration forms, the deadline is APRIL 23rd! The theme of the tournament will be Sportsmanship, we will be having a little talk with our very own Father Nikolai about it. We are looking for Referees, Marshalls, Scorekeepers,

Nurses/Doctors, as well as people helping with serving food! Contact Jumana El-Chaer if you are interested in any of these volunteering positions! God bless you all!



Sportsmanship by Milad Hamwi



With the tournament coming up soon & Camp Transfiguration just around the corner, it seems like a good idea to start talking about sportsmanship. Whether you're a basketball star, a hockey pro, or a soccer legend - becoming a good athlete takes a lot of time, dedication & guidance. The life of a successful sportsman is very similar to the life of a successful Christian. Both

need to discipline the body, set aside distractions, and find a good mentor. Christians achieve victory over temptation, they immediately give the glory to God. So let's ask ourselves - when we win in a sports competition, why not do the same? If I become jealous whenever my siblings do better than me, or angry with God whenever I'm going through difficult times, then

my spiritual health is in danger. So how can we stay healthy on the field?

By encouraging our teammates, by respecting our opponents, by learning from every defeat. If we're going to aim for the eternal prize, for the "good life", we're going to need to learn how to play "good games". Never thought about the Christian life this way before? Join us in May to find out more!

Our Journey During Holy Week by Rouba Khouri

Hello DOECUNY Teen SOYO!

How has been your Lenten Journey so far?

Finding challenges with fast, or.....haven't started yet?

Skipping a few services, or barely making it to Liturgy?

It is not too late! It is never too late to revisit your eating habits, amend your time schedule and get in shape for the solemnity of weeks! Here's a small glimpse of the blessings of Holy Week:

On the evening of Palm Sunday, Monday and Tuesday, we are invited to the Bridegroom Services which are reminiscent of Jesus' sufferings, of the importance of watchfulness, preparation and repentance.

On Wednesday evening with the Service of Holy Unction, the readings help us we focus on our need for forgiveness, our outmost necessity for spiritual and physically healing.

On Thursday morning we are invited to take part of the Mystic Supper, the first Holy Communion ever, whereas in the evening, we read the Twelve Gospels to be reminded of the undeserved suffering of Jesus.

Great Friday provides us with the unique opportunity to assist to three different services: The Royal Hours, the Descent from the Cross and the Lamentations and Procession. (Think about having the day off from school if it is not a holiday already) In these services, we intensely partake in our Lord's journey to Hades. In the presence of the faithful who believe in him, we nonetheless share the hope of the Resurrection. (Have you planned your Great Friday Vigil? All resources are available at: <https://teensoyo.org/great-friday-vigil>)

On Saturday morning we have the Liturgy of the Empty Tomb, where along with the myrrh-bearers we are invited to be first to proclaim Christ as risen from the dead. It is around noon (local time) at the

Church of the Holy Sepulcher in Jerusalem that the Holy Fire is manifested on a yearly basis. At night, the lamentations are repeated and the victory over Hades is lived through the Rush. After which, our Lord's His resurrection is proclaimed in a triumphant procession and Paschal Liturgy is celebrated.

On Sunday during the Agape Service, the Gospel is read in several languages to illustrate the universality of the Good News of the Resurrection and its proclamation to all nations. (Contact your parish priest, if you know any special language you would like to read Gospel in)

**CHRIST IS RISEN!
TRULY HE IS RISEN!**

May the joy of the Resurrection enlighten your life and help you always shine in your Worship, Witness, Service & Fellowship.

References:

Journey to Pascha: A daily guide through Holy Week.
www.goarch.org



DOECUNY SOYO ICXC Hats! by Natalie Okal

Hello Everyone! So currently we have launched our burgundy Limited Edition SOYO. Hats that the board hopes you love! To keep you all updated, we are currently selling the burgundy and black soyo hats at the moment. The black hats are 15 dollars and the

limited edition burgundy hats are 20 dollars. If you would like to order online you can access them through teensoyo.org under the shop tab. They are also available still in Montreal, Ottawa and Mississauga through the board members!



SOYO Day of Service Thank You by Nicholas Zakaib

Just a small shoutout and thanks to the following Churches in our Diocese's SOYO for participating in the Archdiocese #SOYODayofService

- St George Montreal SOYO
- St Elias Ottawa SOYO
- St Nicholas Montreal SOYO
- St George Toronto SOYO

GOOD LUCK IN THE PRIZE DRAW!

