
SPRING EDITION



The Orator



Volume No. 3

St. Brother André's School Newspaper

Mar 25th, 2025

SPRING AWAKENS

NEWS TO MAKE YOUR SPIRIT BLOOM



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EXECUTIVE EDITOR'S LETTER

Dear Readers,

After a short break for exams, The Orator is thrilled to return with our Spring Edition!

Beyond the vibrant colours and the sun's awakening, this season calls us to observe and reflect on our spiritual and personal growth, as explored in this issue. Whether through the reflection of Lent or the celebration of International Women's Day, we hope that this issue may inspire your own season of appreciation and growth.

Happy reading!

Abigail Joseph



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WHAT IS LENT?

Written By: Rebecca Varghese | Edited By: Wilhelmina Harker

Lent has always been characterized as a somber time for Christians all over the world. All denominations honour Lent, including Orthodox, Catholic, Lutheran, Moravian, Anglican, and Protestant. The forty days, starting from Ash Wednesday, mark the beginning of a journey of faith, renewal, and the overcoming of sin.

Without faith, there is no point in even celebrating Lent. It's a time of deep spiritual reflection, sacrifice, and preparation for Easter Sunday, commemorating the resurrection of Jesus Christ. The sacred season invites believers to examine their lives, repent for their sins, and draw closer to God through prayer, fasting, and acts of charity. At its core, Lent is a way for us to experience the same situation that Jesus went through thousands of years ago.

Many Christians give



up modern luxuries, such as sweets, social media, meat, or entertainment, to be more devoted to their faith. This echoes Christ's forty days of fasting in the wilderness, where he resisted temptation and reaffirmed his commitment to God. However, Lent isn't just about abstaining from earthly pleasures; it's about replacing those desires with spiritual nourishment and providing for the needy. Prayer is another key element of Lent. Through prayer, people seek guidance, express gratitude, and build a stronger relationship with God.

In addition, many churches hold special services, such

as Lenten masses, that include the Stations of the Cross, which recount the suffering and sacrifice of Jesus. Charity and almsgiving also play an essential role during Lent. Christians are encouraged to extend love and compassion to those in need, whether through financial contributions, volunteering, or simple acts of kindness. This practice reflects the selflessness of Christ and reinforces the idea that faith is not only a personal element, but also communal.

Ultimately, Lent is a time of renewal and transformation. It encourages believers to confront their weaknesses, grow spiritually, and prepare their hearts for the joy of Easter. Though it is a solemn season, it is also one of hope. One that reminds Christians of God's promise to them from long ago: that there may be redemption for sinners through Christ.

THE LENTEN PROMISE

MAKING THE MOST OF THIS LENTEN SEASON

Written By: Jocelyn Chau | Edited By: Meghan Li

The season of Lent is here! Having started on March 5th, Lent is the 40-day period leading up to Easter, in which we remember the days of temptation Jesus spent out in the desert. Lent is an opportunity for us to build our relationship with God, and unite our crosses with Jesus'. In the season of Lent, we seek to combat the earthly vices that try to disrupt our connection with God, and strive to live in His image.

In this period of almsgiving and repentance, we lift up our sins to God, and take the time to give up or take up something that matters. If you are looking for ideas, below are some of the best Lenten promises to prompt you to foster your spiritual relationship with God.

1. Phone/Social Media: With the average teen spending 4.8 hours on social media daily, we often forget about other important aspects of our lives. By reducing the amount of time wasted on these platforms, we can dedicate this time to growing our relationship with God, or fulfilling things that are meaningful to you!

2. Listening to Music 24/7: This mostly applies for those who constantly have their earbuds in. While at times this might be challenging, the feelings of boredom that

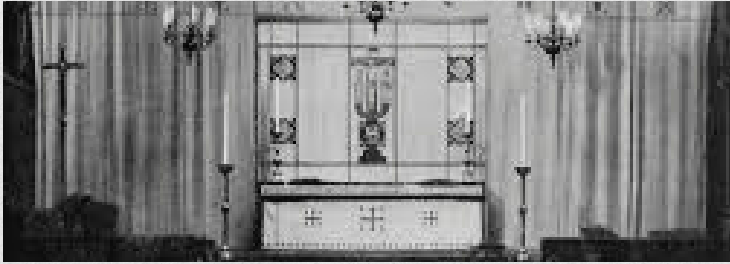
comes with silence offer great opportunities to reflect and think deeply in times that are often hard to come by in our busy world.

3. Excessive Snacking: Taking care of your body is another way to respect your relationship with God. Our bodies are temples and vessels of the Holy Spirit. By abstaining from instant pleasures, we not only refocus ourselves on what really matters, but we also ensure that we respect our bodies as God's creations.

4. Gossiping: Being meaningful about what comes out of your mouth allows you to take the time to reflect on the world around you. This kind of abstinence helps us respect those around us as children of God, acknowledging the inherent human dignity in every one of us.

As Jesus said in Matthew 25:40, "Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me."





5. Worrying: While it can be helpful and meaningful in certain situations, excessive worrying is unhealthy and can be harmful. Attempting to calm constant worrying, and instead recognizing the omnipotence of God and His everlasting love for us, allows us to build our relationships with God amidst all the chaos on Earth.

Though it often seems this way, Lent doesn't just have to be about sacrificing. It can also involve adding practices to your daily life that can help your spiritual connection. There are five of these types of Lenten devotions listed below.

1. Daily Rosary/Prayer: Although it might be perceived as a very simple Lenten dedication, daily prayer is a great way to build a stable relationship with God. Just like how talking with friends every day strengthens your relationships, taking the time to thank, praise, and talk to God every night (or morning) allows you to unlock new facets of your connection with Him.

2. Gratitude Letters: Oftentimes, in this world, it can be difficult to stay positive. Writing gratitude letters, whether you actually send them out or not, can be an amazing way to admire life's God-given blessings. As well, it can be a wonderful way to spread joy to those around you.

3. Daily Mass: Spending regular time in close proximity with God is an amazing way to strengthen your relationship. Taking 30 to 60 minutes a day to do a daily online mass not only allows you to surround yourself with like-minded people, but

also provides you with newfound closeness and understanding of God.

4. Daily Bible Reading: Every time we read the word of God, He reveals Himself to us again. Even for those who are very familiar with the Bible, taking the time to read it again allows you to develop new insights and create new connections to God.

5. Volunteering: God calls us to be stewards, not just for the environment, but also for the people around us. He calls us to care about each of our brothers and sisters, no matter what they have done to us. By making a habit of volunteering every week and demonstrating our Christ-like love, we come closer to God.

Taking these six weeks to commit to one of these promises (or one of your own!) is a great opportunity to repent and strengthen your love for God. Some good strategies to keep your devotions consistent for all 40 days include slowly building to your ideal daily practices, remembering the focus and meaning of Lent, and dedicating time each day to build an automatic routine. Remember, Lent is not a sprint, and it's not a chore. It's a chance to develop your relationship with God. Don't be too hard on yourself about setbacks throughout the season, and always strive to find new ways to return to God in the best way possible.

Lent is a meaningful season of prayer, devotion, repentance, and love. In this season leading up to Easter is an amazing opportunity to dedicate time to God. We get to give thanks for His sacrifice on the cross, and when He carried the weight of our sins. As Jesus said in Matthew 16:24-26, "If anyone would come after me, let him deny himself and take up his cross and follow me."

A CALL FOR SPIRITUAL REJUVENATION AT SBA

Written By: Isabella Vignando | Edited By: Francis Kafieh

There is a prevalent lack of faith within our student body, and religion classes have yet to prove themselves a solution.

Theoretically, mandatory religion classes should be an effective way to give students a deep understanding and keep them engaged with their faith. The promise of 4 credits towards your diploma also proves to be an effective way of encouraging students to put effort into their success in the class, which might teach students enough so that they begin to incorporate the religious teachings into their lives. You would think that a system like this would produce droves of devout students, excited to live in their faith, with an understanding of their religion and its application in the real world. This is not to discredit our teachers, who put considerable effort into ensuring that they



produce well informed, faithful adults. All this should be wonderful—in theory.

Despite the best intentions and efforts of our administrators and teachers, as a student I have experienced a wavering sense of faith rather than an emboldened one, despite having already fulfilled my four religion credits. From what I have seen, the majority of our school population falls into 2 categories. In the first, I have seen what I can only assume to be a facade of faith. Of course, I cannot see behind closed doors, but wearing a crucifix while talking and laughing with your friends during morning prayer and through school



mass, or judging and excluding fellow students seems pretty paradoxical to me. In the other group, I observe many students who would not call themselves religious at all. Contrary to what you might believe, it is rarely these students who feel the need to disrupt the reflective mood of morning prayers; rather, they feel misrepresented by the examples of “faith” within their school. A majority of the time, students who aren’t religious find themselves lacking in faith because they feel they cannot reckon their morals with the hypocrisy they have seen within organized religion –past and present.

Each of these students have been deafened in one way or another to the voice of God; what they need is a spiritual rejuvenation.

By the tenth or eleventh grade, thanks to the diligence of our dedicated teachers, most students should have an adequate understanding of the historical context and core teaching of Catholicism. While having students write essays and give seminars on these topics can be a practical assessment of their knowledge, understanding, and communication, I believe that it risks not demonstrating the applicatory aspects of Catholic teachings. The discrepancy between this method of learning and its lack of application lives comes from a lack of steps for practical execution of content. The average high school student is not in need of an in-depth, theory-based, theology course; they need tangible, relatable spiritual guidance.



So, to the religion department, I propose a change in class structure: that religion classes culminate in a 30% CPT rather than a final exam. Specifically, a CPT that provides the opportunity for students to have a concrete impact on the world around them. I envision community outreach programs, projects that encourage students to pitch ideas for donation drives, field trips to old age homes and soup kitchens, projects that have real community impacts, giving students the opportunity and encouragement to go out and live the word of God and aid to those who need our love and prayers the most. I believe that our school should really put some thought into considering the positive effects (on our school and external communities) that

would be seen if religion projects had practical, real-world effects. Projects such as these would be immeasurably beneficial. These projects would give students further insight into the way they interpret their own measurements of their own personal success, with relation to their faith. Their performance in religion class should not be controlled by their academic success. Students should be able to evaluate how their sense of fulfillment was impacted based on their experience. Gaining this pride in their ability to help their community by living through faith not only opens students' eyes to opportunities to seek out more of these experiences on their own, but at the very least it will guide them in building habits that are built on the foundations of the Catholic faith.

As disciples of God, we are taught to not only share the word of God but to live it, and our student body is severely lacking in drive and desire to do the latter. Religion class presents the perfect opportunity to give students an opportunity to put religion into practice.

CANADA'S DIFFICULT JOB MARKET AND HOW TO OVERCOME IT

Written By: Victoria Koitsis | Edited By: Ashna Cherian

While the fresh air and sunny skies of the summer might not arrive in Canada for a long time, something has popped up into many of the minds of Canadian high schoolers: summer jobs. Whether you're looking to save up to buy a new wardrobe or phone, you want to save up for post-secondary education, or you're simply looking for a way to get out of the house this summer, you've likely thought about applying for a summer job or you already have. However, in recent years, Canadian teenagers have experienced a spike in the difficulty of getting a summer job: students are having a tough time getting job interviews, writing resumes, and even finding opportunities to begin with.

This article will uncover the truth about why Canadian students are having difficulty finding work, as well as some tips and tricks on how to get a job in today's demanding labor market.

For starters, why is it so hard for teenagers today to find a job? The answer lies in Canada's economy. A huge cause of the job epidemic we're in now is inflation. Businesses are at risk of losing customers because of the rising cost of goods and services, impacting their sales. As a result, businesses are a lot more selective of who they hire - and this makes a part-time job that much more difficult to get your hands on.



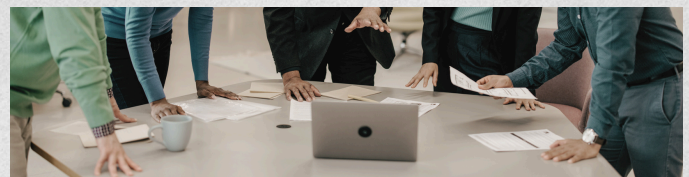
In addition, the number of teenagers on the hunt for summer employment has increased over the past decade. More teenagers are competing for less positions, which makes it almost impossible for students to find a job. This is detrimental to Canadian students: teenagers can potentially miss out on learning important lessons for the workplace, which can impact our lives later on.

You've likely debated whether or not to get a part-time job, but many students run into a common problem with this debate: what kind of jobs should I apply to? Well, there isn't quite one response to this question. The jobs you apply to might vary from person to person depending on what you seek to get from having a job: if earning valuable experience in a certain field is your priority, you might search for different kinds of jobs than a person who wants to save up for post-secondary education as quickly as possible. Whether you fall into one of these categories or you lie somewhere in between, there are a variety of different jobs to choose from. Here's a list of positions to consider when you're applying for a part-time job:

→ **Recreation Jobs:** These jobs often work with kids and plan out daily activities, such as Camp Counsellors. Recently, aquatic jobs have become extremely popular among Canadian teenagers. Aquatic positions include Aquatic Assistants, Lifeguards, and Swim Instructors. If you're interested in applying for any of these positions, it is important to remember that these positions require you to have many certifications to be considered eligible. This category can also include tutoring in school subjects, offering lessons in activities such as ice skating, or even officiating children's sports such as soccer games.

→ **Service & Hospitality:** Service jobs aren't as easy to come by as recreation jobs, but they can be just as rewarding in experience and compensation. Often, students can find work in the service industry as cashiers, but also as servers and retail workers. Customer service jobs are also available for teenagers.

→ **Other:** A lot of these jobs mentioned above involve working with other people, and while collaboration is an important workplace skill, not everyone is as comfortable with it, and that's okay. If this sounds like you and you're looking to gain experience, consider starting your own business. This could seem like a daunting task at first, but it's simpler than you think. Do you have any special talents? Perhaps you're skilled at baking: you could open a remote bakery. Or maybe you enjoy coding: you could create your own games and sell them online. Not only can this generate a profit, but it can also take up space on a resume by showing employers your strong work ethic, critical thinking skills, and creativity.





If you're ready to apply for a part-time job, then you'll need to write a resume that shows potential employers your experience. You might be thinking, "But what if I don't have any experience?" The answer? You probably do have some experience, you just don't know it yet. If you've completed them, think about how you got your volunteer hours. Did you work with kids in your volunteer work? Put that on your resume. Perhaps you volunteered at a soup kitchen, your local church, or maybe you play a sport and you helped with facility maintenance. Any of these experiences work excellently on a resume: it shows companies your leadership skills as well as your initiative and dedication to your community. In addition, think about how you impact your school community. Are you involved in any clubs, councils, or sports teams? Are you the leader or executive of any of these? Leadership experience in a role that benefits the school community can impress employers, and even simply being a member of a club can highlight your collaborative skills. More so, any extracurricular activities you do, such as playing soccer, can also be added to your resume for the same reasons. Here are some tips when describing your activities on a resume:

→ Make use of "action words:" verbs that describe your activity but highlight how the skills you learned from them can be beneficial in a workplace setting. For example, if you are a member of a club that runs events for your school, you could write, "Assisted in developing plans for club-organized events."

→ Describe your experience in detail, but don't describe them for too long. Use a bullet point format when writing your resume, but don't use more than five bullet points for one activity. Most resumes for part-time jobs are two pages long.

→ Include multiple methods of contact on your resume. This can include your personal email, your phone number, or even a LinkedIn profile if you have one.

→ Include any certifications that you may have earned that are necessary or helpful to the position you are applying to. For example, if you are applying for an aquatic job, it is helpful to list a Lifeguarding or Swim Instructor certification.

Now that you have written your resume and sent it in, the next step is to wait to see if you're contacted for an interview. The interview is one of the most important parts of the application process: your potential employer gets to see if you're a good fit for the company. If you're stressed out for an interview, don't worry, as nerves are extremely normal for a first job interview. However, with the help of a few tips, you'll be able to master any interview question that comes your way.

- Dress appropriately. Business casual attire is typically the standard dress code for most interviews.
- Come to the interview prepared. Search up common interview questions, and practice answering them. Common questions include, "Why do you want to work in this position?" and "What is your greatest weakness?"
- Examples are powerful answers to interview questions. Brainstorm examples of when you've shown leadership, initiative, or adaptability in your resume activities. Sharing examples in an interview is sure to impress a hiring manager - it shows them you can manage difficult situations.
- Although you are the one being interviewed, it's a good idea to ask at least one question at the end of the interview. This shows the hiring manager your interest in the role you are interviewing for.



These tips aren't just for part-time jobs. You can use these tips for any job search at any point in your career. Searching for a job, writing a resume, and interviewing for a job is difficult, but remember to have patience and confidence in your skills, and you'll have a part-time job in no time.

INTERNATIONAL WOMEN'S DAY POETRY

Written By: Wilhelmina Harker | Edited By: Meghan Li

Wilhelmina Harker:

When the Sun Sets

You don't think of the moon
'til the night.
Only through his glow, her
faint image shows.
A quiet aspirant, a giver of
none.
Go to bed, shut the blinds,
sleep 'til the sun.

He'll take over bright, she'll
fade to his light.
Evening will fall behind the
back of your mind.
Life moves to the waves of our
galaxy's star,
Our bodies respond to his
power afar.

She'll wait there, orbiting,
just out of sight,
for the horizon to swallow him
again.
In his absence she'll take on
the role.
Provide for the people, no
matter the toll.

Priyanka Ariyanayagam:

Tsela

God strew Adam,
from stars, from soul,
from flesh, from blood,
yet still not quite whole.

She is the bone of his
bones,
the flesh of his flesh,
tsela (I) , half of man's
breadth.

Our Father let man go,
to reunite as one with his
wife—
two sides of a whole,
yet one is dismissed,
a loss that lingers, that
shapes life.

Hold fast,
for what was torn must
mend,
not one above,
but hand in hand—
as it was written, as it
will stand.

Sarem Joseph:

She Rises With the Morning Light

She rises with the morning light,
A beacon fierce, a flame so bright.

Working hard, with nights so long,
Dismissing their needs, to show the
world they are strong.

How have we pushed them so far, to
where these feeling are hidden,
Tupac is right to question, "Do we
hate our women?"

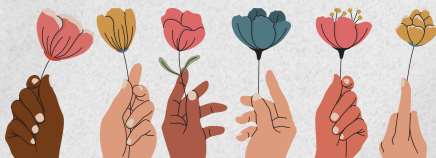
Even times in despair, in the dark,
Our women are always there,
approachable, always a spark,

Maybe a sister, mother, friend, and
guide,
Unconditional is her love, and
forgiveness, but she doesn't take
pride.

So when taken advantage of, tears
fall like the rain,
Which is why on this day, we say
their name,

I- The Greek Bible. Oxford
University Press; Richard
Clay & Sons, 1900.

Today we honor, today we see
How we take for granted, how
important our women can be.



Inspired by the NYT

Sort the 16 spring-themed words into four groups of four based on their hidden spring connections. Think carefully, as some words might belong to more than one category!

MIND MATRIX



CONNECTIONS

DRIZZLE	FAST	BLOOM	BUD
SUNSHINE	RESSURECTION	RAINCOAT	NEST
BLOSSOM	MAY	ASH	PALM
PICNIC	APRIL	BUNNY	UMBRELLA

Created by: Iniya Haran

ANSWER KEY

SPRING WEATHER

Drizzle, Raincoat, Umbrella, Sunshine

LENT & EASTER

Ash, Fast, Resurrection, Palm

FLOWERS & GROWTH

Bud, Bloom, Blossom, Nest

OUTDOOR SPRING ACTIVITIES & TIME OF YEAR

Bunny, May, April, Picnic

MIND MATRIX

CROSSWORD

Answers on next page

Created by: Islay Chidiac

DOWN

- 1 Transformation occurring in butterflies
- 2 Spring zodiac sign
- 3 As in Buchanan from The Great Gatsby
- 5 Seasonal cleansing associated with spring

- 13 Seasonal health conditions, associated with pollen
- 14 What children splash in
- 15 The moment when the sun is directly overhead the equator
- 16 Necessary for rain protection

DOWN

- 18 Spring weather adjective
- 20 An arc of colour in the sky

- 22 Vitamin D
- 27 Flower variety associated with the Netherlands
- 28 Springtime colour scheme
- 29 Of, relating to, or occurring in the spring

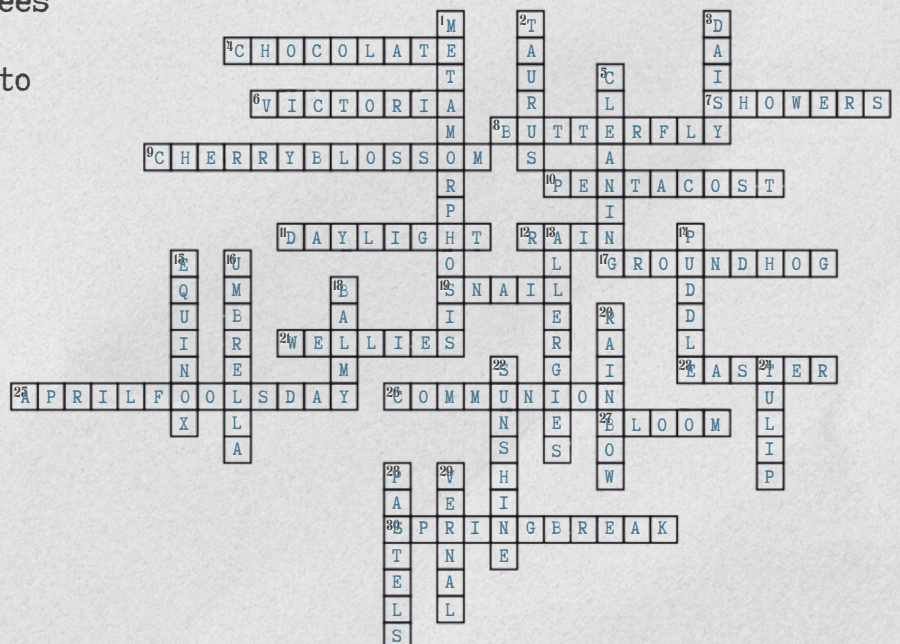
ACROSS

- 4 Treat eaten during Easter
- 6 Monarch who is commemorated during the May long weekend
- 7 The April weather event that is said to bring May flowers
- 8 "Monarch _"

- 25 A time for pranks
- 26 Catholic sacrament associated with spring
- 27 What flowers do in spring
- 30 A vacation period for universities; often spent in tropical locations

- 9 Famed Japanese flowering trees
- 10 Descent of the Holy Spirit to the Apostles
- 11 "_ Saving Time"
- 12 "Singin' in the _" (I952)
- 17 Wiarthon Willie
- 19 Slow-moving creature
- 21 British term for rain boots
- 23 Christian Celebration

ANSWER KEY



ARTIST'S CORNER

C
O
M
M
I
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S
T
R
I
P
S



Created By: Isabel Alegrias

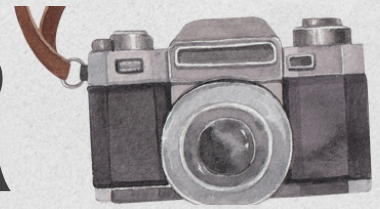
Created By: Bianca Manlapaz



COMIC STRIPS

ARTIST'S CORNER

ARTIST'S CORNER



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