



THROUGH THE EYES OF KC STAFF AND STUDENTS

CEDAR SENTINEL

OCTOBER MAGAZINE

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October 2021

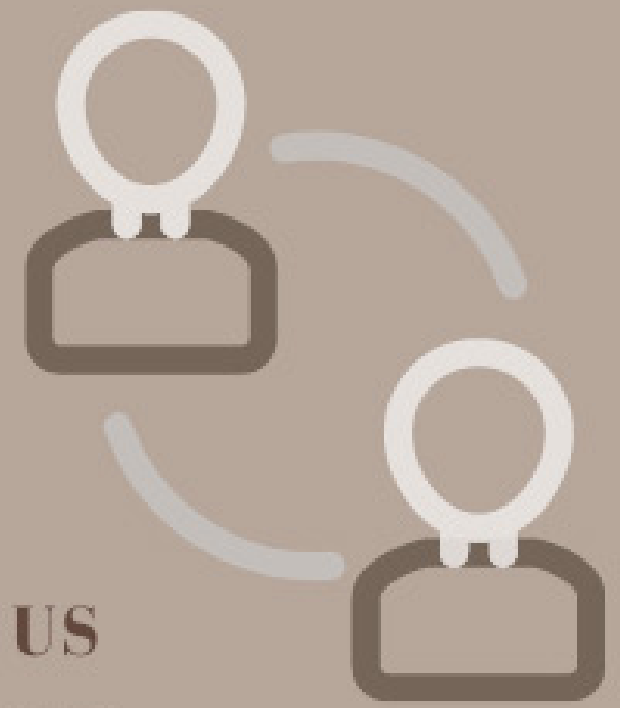
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WHEN TO CONTACT US

- To submit your work, or any pictures!
- To leave suggestions (for topics, contests, other things you'd like to see on the Cedar Sentinel)
- To enter contests/activities for a chance to win prizes!
- Need help with anything? We will try our best to assist you!



Editor's Message



SOFIA PATI
Editor-in-Chief

Hi Kingsway! As October is coming to an end, I want us to take this opportunity to count our blessings. In everything that we go through, God gives us a lot of things to be thankful for. Personally, despite the rollercoaster 2020 and 2021 have been, I am for sure thankful that I get to see my friends and family physically again, without having the restrictions of Zoom.

What are *you* thankful for?



TIMI OLATUNDE
Assistant Editor

Hello Kingsway! It's been a crazy first two months, hasn't it? I'm extremely glad that we've been able to come back to school and I've gotten the chance to meet and become friends with so many of you! As the month of October closes, I want us to remember and continue to focus on three very important things as we slowly close in on the Christmas season: Our mental health, the things we're thankful for, and our relationship with God.



But the Lord is faithful,
and he will strengthen you
and protect you from the
evil one.

2 Thessalonians 3:3, NIV

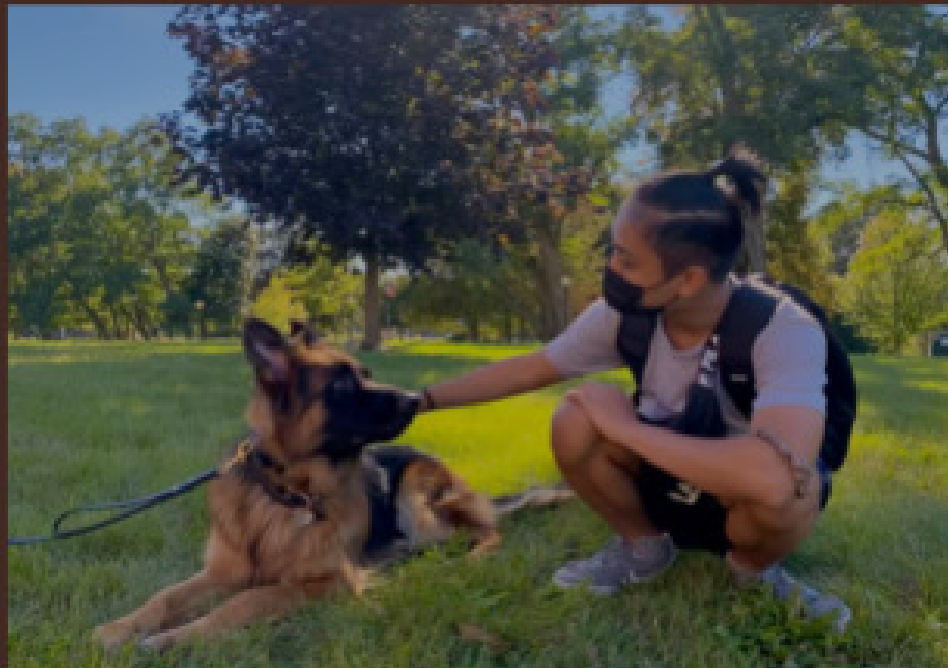


October

RANDOM PICS



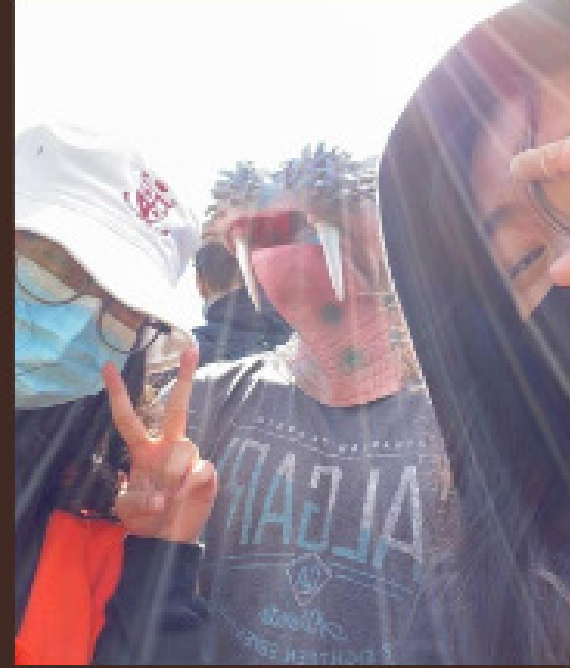
Together on a beautiful fall afternoon.



It's the perfect weather to walk a dog! (or at least LK's dog in this case)



Mx. Ramorasata and Mr. Kaytor joins the seniors in a selfie!



Walrus: Kingsway's mascot's competition.



Dressed for success.



Why did you decide to dress up in suits for a day?

"Just for fun." "For no reason." "I basically woke up one day and thought, 'I want to go to school in a tuxedo.'" (Prince Caro)

Suit Day

suit day



8 The King's men.



9 The President's people.

Yea, though I walk
through the valley of the
shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff,
they comfort me.

Psalm 23:4, NKJV

you are not alone

BY PASTOR CHARLEE

He was afraid of the problem so he ran away. He quit his job, hung up his mantle, and walked away from the life he had known and been called to live. He wanted to get as far away from everything and everyone as quickly as possible. The irony was, that just before running, he had been at the top of his game. If he was a student, he would have had straight A's at that moment all while being the most popular kid in school, for a moment. In his career, he had finally climbed to the top, the people were listening, they had seen and witnessed with their own eyes that what he had been saying was true. But now he sat alone, isolated, afraid, and wanting to die.

This was not a temporary low, a small depression. His whole life had been one filled with anxiety and running for his life and now it had taken a toll. He saw no other way out than to curl up under a tree and pray that it would all be over. He felt alone.

As I read through this story, in 1 Kings 19, it amazes me that someone like the prophet Elijah could experience many of the same fears, thoughts of failures, depression, and anxiety that we face in our world today. Mental health struggles are not something new and neither are some solutions for helping cope.

The first thing we learn from Elijah's story is that when he thought he was all alone "under a solitary broom tree" there was someone else with him. In Elijah's case, we see an angel come and bring him food and simply allow him to take a nap. From this, we derive two points. First, when you are struggling don't be afraid to reach or if you notice someone struggling, be there for them. Secondly, sometimes we think it's about the big things that we could say or do, that it is somehow about saying the right words, but the angel simply brings Elijah food and is there for him. When it comes to your own mental health, sometimes it's altering the little things. Are we taking care of ourselves? Do we need a nap and some healthy food to help give us a new perspective?

mental health

IN THE BIBLE

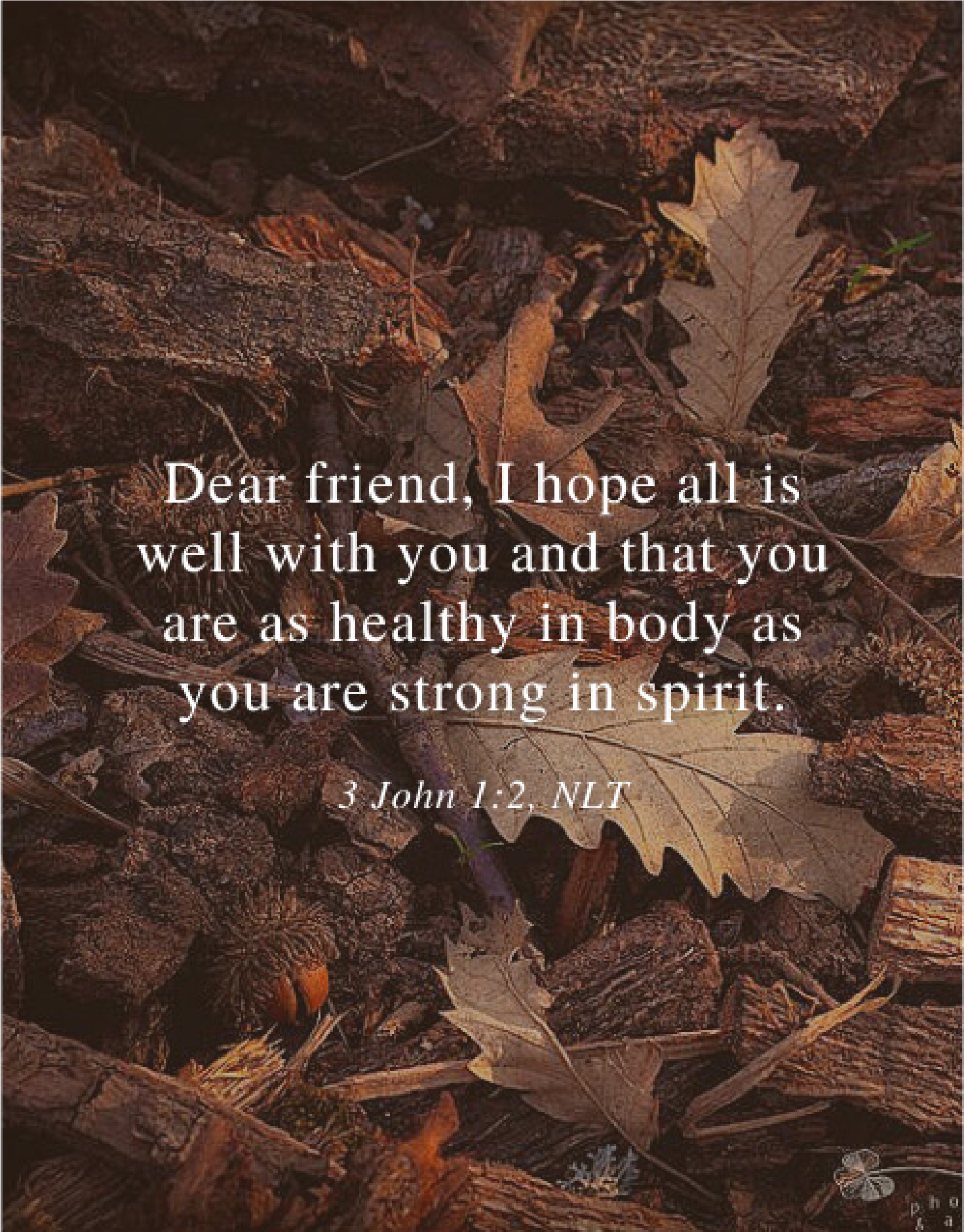
The first thing we learn from Elijah's story is that when he thought he was all alone "under a solitary broom tree"¹ there was someone else with him. In Elijah's case, we see an angel come and bring him food and simply allow him to take a nap. From this, we derive two points. First, when you are struggling don't be afraid to reach or if you notice someone struggling, be there for them. Secondly, sometimes we think it's about the big things that we could say or do, that it is somehow about saying the right words, but the angel simply brings Elijah food and is there for him. When it comes to your own mental health, sometimes it's altering the little things. Are we taking care of ourselves? Do we need a nap and some healthy food to help give us a new perspective?

The next observation that we get from this story is that sometimes, like Elijah, we fail to understand the truth of what's really going on. For Elijah he gave up because he felt that he was alone: "I alone am left." There are times where we feel like no one else could possibly understand what we're going through. But as God reminds him, there were actually 7,000 others like him in Israel. When it comes to Mental Health and those moments where we feel alone, don't be afraid to reach out. Chances are, others understand more than you think and can be there to help share solutions, give support and let you know that you are not alone.

The final point (for the sake of space) pertains to Elijah's realization about who God is in His life. Elijah begins talking to God and lists his accomplishments and his zeal for serving God. And yet he had failed to really experience God. God asks him twice, "Elijah, what are you doing here?" and twice Elijah goes back to his loneliness. However, like a true friend, God met him in his loneliness, sat in that pit of despair, and hurt with him for 40 days before finally challenging him to continue on a new altered path that worked for him.

**Please keep in mind that this article deals with temporary anxiety and depression. There are cases where one must seek help from a professional therapist or family doctor.*

¹Holy Bible. NRSV ed., Cambridge University Press, 1989



Dear friend, I hope all is
well with you and that you
are as healthy in body as
you are strong in spirit.

3 John 1:2, NLT

p h o
& a

"The Lord is
near to the
brokenhearted
and saves the
crushed in
spirit."

Psalm 34:18 ESV

give thanks

IN TIMES OF TROUBLE - BY SOFIA PATI

When we're at a point in our lives where everything seems to be going well, it is sometimes hard to remember to spend personal time with God to give thanks. It is the same when everything seems to be going wrong. When we are in distress, it becomes difficult to look at the things we can be thankful for. That's our nature as humans. because how can we find things to be thankful for when everything around us seems to be falling apart?

Well, that is what I want to talk about today: How we can find things to be thankful for even when we are in distress.

give thanks

IN TIMES OF TROUBLE - BY SOFIA PATI

Counting our blessings, especially in times of trouble allows us to feel grateful. Does feeling grateful really benefit us? Well, the answer is yes. Counting our blessing allows us to feel less discouraged. It allows us to see the light at the end of the tunnel whenever we feel down. It also allows us to avoid dwelling on our worries and troubles too much.

It is not uncommon to feel far away from God during times of trouble, nor is it uncommon to have trouble looking past current problematic circumstances.

However, there are multiple reminders that help us give thanks even when times feel difficult.

REMINDERS IN TIMES OF TROUBLE

During difficult times, it is easy for us to feel far away from God; however, God is actually never far from us, even in times of trouble. Psalm 34:18 says, "The Lord is near to the brokenhearted and saves the crushed in spirit." Even when we feel crushed by the weight of the world, God does not leave us. He stays close by us.

In times of trouble, it can become difficult to think past it; to think about the potential joys of the upcoming future. Whenever we have this mindset, it is important to remind ourselves that the trials of this world are only temporary. Jesus endured the pain and shame of the cross "for the joy that was set before him" (Hebrews 12:2). We can follow Jesus' example by persevering through the trials that we are put through, for they are only temporary.

importance of MENTAL HEALTH

BY TIMI OLATUNDE

Mental health. We hear about it all the time. Whether it's from our teachers, our parents, or even the speakers that come to visit our school, it always seems like someone's talking about it. As annoying as it may be to hear people talk about mental health all the time, it's an important topic that needs to be addressed. So here I am, giving you a reason as to why mental health is important and why you should reach out for help when you need it.

To put it quite frankly, mental health is important because our mental health encases our emotional, psychological, and social well-being. It affects the way we think, feel, and act. It helps us determine how we handle stress, relate to others, and make decisions. Our mental health can also affect our physical and even our spiritual health. For example, let's say I've gone into some sort of slump and the cause was a fight I had with my friend. I start overthinking the fight we've had and it turns from a petty argument to something more serious in my head. I start neglecting my physical health—I stop eating and taking care of myself because I've been so stressed about our argument. I even start neglecting my responsibilities and my spiritual health. This is why mental health is so important. Our mental health is tied to all of our health and if you start to neglect it, the neglect of your mental health will show through your other health, whether it be physical, emotional, or spiritual.

So, the next time you hear someone talk about mental health, stop and think for a moment. "Is there something that I'm struggling with mentally that I need to address? Am I ready to admit I need help and take the steps towards getting better?"

mental health check in

Have you been isolating yourself from friends or family?

Spending time by yourself is perfectly okay. But, do you find yourself not wanting to spend time with people you are normally comfortable with?

Do you have more worries and anxiety than usual?

Having worries and anxieties may be considered "normal" on earth. However, do you feel an excess amount? Are your worries and anxieties building up to the point where you can no longer function because of them? Is your daily life regularly interrupted by worries and anxiety?

Do you feel as if you're losing motivation to do things, including hobbies and activities you normally enjoy?

Our hobbies and activities we enjoy allow us to destress. Do you feel as if doing things you used to enjoy no longer satisfies you?



"Cast your cares on the Lord and He will sustain you..."

Psalm 55:22



"Rejoice in the Lord always; again I will say, rejoice."

Philippians 4:4

thank you
fulness?
thankful for?

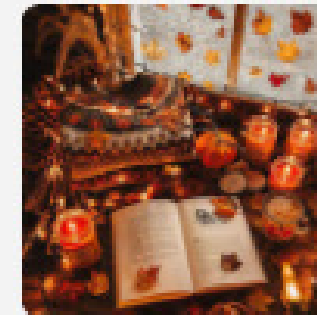
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What are you
thankful for?



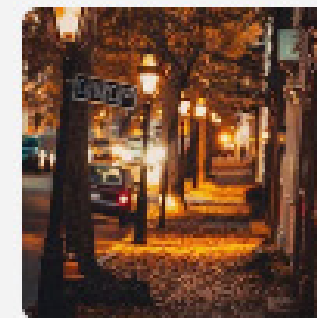
SOFIA PATI
Grade 12

I am thankful for the gift of technology. During the lockdown, technology allowed me to stay connected with other people. Without those connections, I would've definitely been a lot lonelier.



JUSTIN REEVES
Grade 12

I am thankful that I have the gift to play soccer because it lets me relieve the stress from anything in life. It is my comfort activity that lets me not think about anything else. It relaxes me and lets me forget my worries.



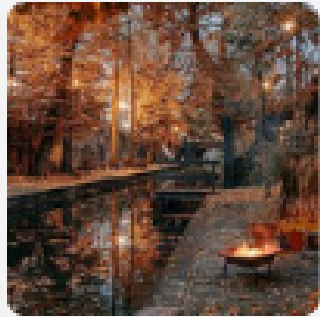
ZAMUEL BAUTISTA
Grade 12

I am thankful for the cafe food. though many of us may hate to admit it, I am actually very thankful that there is food here at Kingsway and that I am able to eat my fill during breakfast, lunch, and dinner.





What are you thankful for?



DANA REY
Grade 12

I am thankful for Christian education. I feel thankful that we have spiritual freedom here in Canada because, in some countries, people don't have the freedom to practice their faith.



GABERYLLE JUANATA
Grade 11

I'm very thankful for my friends and all they do to support me. I'm also extremely grateful for good health.



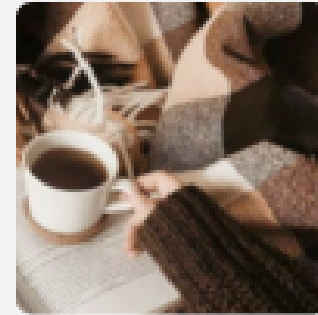
TIMI OLATUNDE
Grade 11

I am thankful for my education and for the opportunity to come here at Kingsway. I am also thankful for my family and all they to support me.



ROBIN BAUTISTA
Grade 11

I am thankful for the friends I have at Kingsway. I am thankful for my wonderful teachers that help me even after class.



JIRHO ALO
Grade 11

I'm thankful that we get to be back at school in person. It sucked that we had to be mostly online for the last two years. Now we're back and I'm really glad that we can be at school together.



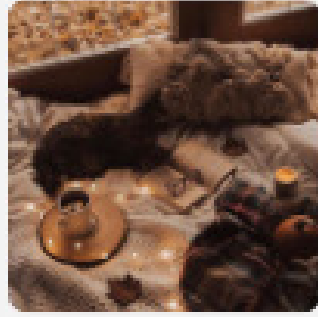
WOODENSKY NOEL
Grade 10

I am thankful for Jared.



KLOIE PATI
Grade 10

I am thankful for all of the friends that I was able to make this year. I am also thankful for being able to have enough money to buy things for my various hobbies.



JARED MORAE
Grade 10

I am thankful for Woodensky.



ANONYMOUS
Grade 9

I am thankful for everything that I have. I am thankful for the weekend and new days in life because they give me new opportunities to become a better person.



ANONYMOUS
Grade 9

I am thankful that I am surviving high school.



ANONYMOUS
Grade 9

I am thankful for the ability to do in-person classes despite covid.

Oh, give thanks
to the Lord, for
He is good!
For His mercy
endures forever.

1 Chronicles 16:34

MARK YOUR CALENDARS!
Kingsway Events



Saturday, November 6

- Volleyball Class Challenge

November 1-5 (Monday to Friday)

- Spirit Week!
- Talent Show Auditions (check emails)
 - Google Forms sign-up sheet

Saturday, November 27 @

- Talent Show

Volunteer Opportunities:

Contact the Cedar Sentinel team for more information on how to earn volunteer hours from us!

SPIRIT *Week*

Monday: dress like the 70s



Tuesday: dress like the 80s



Wednesday: dress like the 90s

Thursday: dress like the 2000s

Friday: dress like the future



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