

THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

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WHAT ON EARTH ARE WE DOING?

The **green** dilusion on campus

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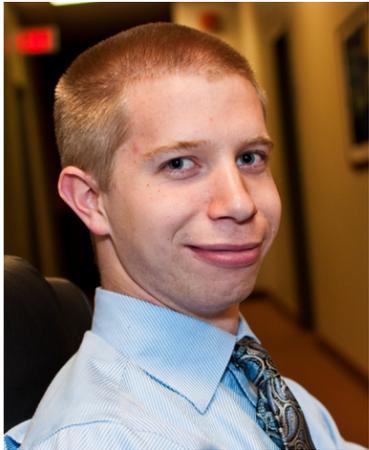
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Spice Up Your Love Life

BECKY CONNELL CROWN REPORTER

If you're hoping to do something a little different this Valentine's day, while simultaneously impressing your gal or beau, here is a cheap-date idea guaranteed to ensure a romantic evening in. (Note: your actual date, who I am sure is a lovely, attractive human being, is not cheap, the expense of the evening is).

Cook a meal. Cook it before your date arrives or, even better, with your date, and cook with music and candles to encourage the atmosphere.

But not just any meal--try something different that will challenge your skills as a chef and spice up your taste buds. If you have never attempted making a curry before, the task can be intimidating, but it is well worth the effort and it is a creative meal with room for experimentation. Besides, what better time to experiment than with that special someone who is bound to be impressed by your

brave sense of kitchen adventure?

To make things a little simpler, attached below is a chickpea curry recipe from allrecipes.com that is easy to follow and fun to make:

Ingredients

4 medium potatoes, cubed
2 tablespoons canola oil
1 medium yellow onion, diced
1 teaspoon minced garlic
2 teaspoons curry powder
2 teaspoons garam masala
1 teaspoon ground ginger
1 teaspoon cumin
1 teaspoon salt
1 can condensed tomato soup
½ cup of cream or milk
1 can of chickpeas, rinsed and drained
(optional) chosen quantity of shrimp, chicken or beef

Directions

1. Place potatoes in a saucepan, cover with water, and bring to a boil over high heat; simmer until the potatoes are tender. Drain, and set aside.

2. Cook meat on a separate saucepan until ready, then set aside.

3. Warm oil in a skillet over medium heat. Stir in onion and garlic, and cook until the onions are soft and translucent. Stir in curry powder, garam masala, ginger, cumin, and salt. Cook for 1 or 2 minutes, stirring. Pour in soup, cream, and chickpeas. Stir in potatoes. Simmer 5 minutes.

Accompany with a glass of red wine or cobra beer, or, for those on campus, a glass of the yogurt-based drink, Lassi, a beverage often consumed with curry which will authenticate your Indian food experience.

If you're looking for something a little lighter or if you somehow have room after dinner, give a classic Valentine's dessert a try.

Chocolate covered strawberries are always a guaranteed taste bud pleaser and again, easy to make.

Ingredients

- 2 cups of milk chocolate chips
- 2 tablespoons of shortening
- 1 pound of fresh strawberries

Directions

- In a double boiler or pot, melt the chocolate and shortening, stirring occasionally until smooth
- Insert toothpicks into the tops of the strawberries and dip into the chocolate mixture
- Cool. If crunched for time, freeze.

After proudly stuffing yourself with authentic homemade Indian food, chances are you will need some time to rest before the evening comes to a close. Sheltered from the cold February outdoors, keep those candles lit, sip some tea, and pop in your favourite movie. You earned it. It's time to cuddle.

The Green Delusion

CAM PHILLIPS

The following remarks are the opinion of a student custodial worker who wishes to remain anonymous for the sake of his family's safety: "The recycling system at Redeemer is the pits. When everything is in the garbage bins, custodial workers usually do not sort it. It all gets thrown away. It's not our job to sort the garbage, even if there is a recycling bin and its full, it's much easier just to add it to the trash than it is to bring it to the proper recycling bin. I think the problem is it's too easy to trash things. A student or faculty member may recycle things, but the custodial worker may just toss it all in the trash. Screw all these fancy looking garbage cans, give us something that we can actually divide things into. And what is the point in changing a garbage bag every night? I wonder how many garbage bags are thrown out that are half full or even a quarter full. It's a terrible use of resources. If only the school just got rid of flashy things and made it actually easy to recycle. If Redeemer wants to be true to it's calling to looking after the earth then it must put much more of an effort into recycling." This is just a portion of my interview with the student custodial worker. His words reflect the

opinions of some at Redeemer, but unfortunately probably not the majority of students and staff here at our institution.

I asked this anonymous worker, who wishes to keep his identity secret to protect his family, about what he thought about the general attitude of Redeemer concerning the environment. He said, "They might say take it seriously but they don't do the little things. Recycling for example. Recycling is hard work compared to the easy route to just garbage everything. It takes more effort to bring a mug, more space, its not convenient."

Recycling is not convenient. Being "green" is not convenient. But guess what--being a Christian is not convenient. If we're going to be calling ourselves Christians, then we must be dying to ourselves daily and be willing to picking up that blood-soaked cross and follow Christ through thick and thin. Lets not reduce our calling to not looking at porn or to being nicer to mom and dad. It means that too of course, but it also means looking beyond our own problems and our own spiritual growth and looking at the world in which we are called to be stewards. The world was entrusted to us by the Creator to be taken care of. The earth is not ours to repeatedly ravish, and our "criminal" records

are not the cleanest. In fact they are filthy.

What's the harm in throwing plastic bottles in the garbage you may ask? Why recycle anything at all? According to the LA Times plastic constitutes 90 percent of all trash floating in the world's oceans. In fact the United Nations Environment Program estimated that every square mile of oceans hosts 46,000 pieces of floating plastic. Roughly ten percent of

the annual 200 billion pounds of plastic produced each year ends up in the world's oceans. Approximately 70 percent of that garbage ends up sinking to the ocean floor, damaging ecosystems and innocent marine animal life. The rest of the plastic ends up floating in gyres in the ocean. The most notorious garbage gyre is the Great Pacific Garbage Patch. Mainly lastics and toxic sludge constitute the gyre, which is estimated to be

bigger than the size of Texas. The plastic found in these infamous gyres (yes, there is more than one) does not biodegrade, it photodegrades (this means that the plastic pieces break into smaller bits and ultimately wash up on our own shores or become consumed by many sea creatures). Many beautiful creatures like the majestic Albatross are found washed up on the shores of the world with literally stomachs full of garbage.

Continued on page 4



Photo courtesy of Redeemer

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Making Home in the City of Hamilton

JULIA SODERHOLM
CROWN REPORTER

It's that time of the year again when students start to rally their closest friends, hit Kijiji, and go on a couple of house tours. Yes, February is typically the month when students at Redeemer start to get serious about establishing next year's living situation. For those who have finally turned 20 and are free to leave campus, this means making the all-important decision of what part of the city you're settling down in for the next academic year.

Traditionally, third- and fourth-year Redeemerites who are opting against applying for RA positions start to comb the immediate area

for potential leases. A number of houses in the surrounding Meadowlands suburbs are go-to's, with landlords who rent specifically to Redeemer students. What this means is generally cheap rent (living with five other people in a suburban home, rent gets divvied up to a fairly manageable sum), close proximity to the school, and a strong link to campus. Houses on the Hamilton mountain are another viable option. Among these there are a few classics that get passed down each year to a new set of Redeemer students, ensuring respectable landlords and manageable rent. A third-year student who lives within ten minutes walking distance to the school says, "It's great not having

to figure a commute into my day. It's practically as close as living in Aug Hall."

Lately, however, there has been an influx of students who are opting for a different choice. With each passing year it seems that the number of students who live down the mountain is growing.

Although moving downtown may at first seem like a daunting option, those students who have done it speak highly of their decision. Joe Moran, a fourth-year English major, explains his choice: "In my eyes, living on the mountain has no benefit other than its proximity to the school. When I graduate this year, I plan on continuing to live where I do [downtown], because I am al-

ready putting roots down in that community. It's a place that actually feels like home to me." There are undeniable pros to moving out of the suburbs—easier access to restaurants, pubs, galleries, and shopping is one. Another is Hamilton's own unique cultural setting, where the Art Crawl is around the corner, the Farmer's Market is nestled next to the public library, and the beautiful harbourfront, complete with lakeside boardwalk and skating rink, is just down the street. Getting to school does, of course, present more of an issue if you don't have a car, but learning how to use the bus system is surprisingly easy. Although the commute can feel like a commitment, the HSR is fairly reliable and, let's

face it, gives you a chance to put those bus passes you're paying for to good use.

The City of Hamilton is a diverse and fascinating city, with rough-around-the-edges beauty and a whole lot of spunk. With Redeemer nestled in safe and wealthy Ancaster, it can be easy to forget about what life looks like on the outside. Whether you choose to stick close to your home base or venture a little further afield, take the time next year to get to know this city well. Be it up the mountain, down the mountain, or on the bike trail in between, Hamilton is yours to explore, and yours to make home.

Club Spotlight: Be the Voice

BRENT MACCAMON

Be the Voice was started in 2009 as a social-justice student club in order to raise awareness, both locally and abroad, of a devastating feature of our modern-day world: human trafficking. What many people do not realize is that human trafficking is as much a local problem within Canadian society as it is abroad in other countries. Many of us were given a rude awakening of this fact last year with the Hamilton Hungarian Human Trafficking case in which Hungarian men were lured by promises of the possibility to be able to work and support their families, but were instead forced into slavery. Terrible injustices occur everywhere, even down our streets. From the seven-year-old girl chained to a wall in Nicaragua forced into the sex trade to those sold even on the familiar streets of Hamilton, human beings like us are being victimized by the greed and depravity of others. This is the reality of our situation, both globally and locally.

Be the Voice acts as a student organization that abides by Proverbs 31:8-9: "Speak up for those who cannot speak for themselves, for the right of all who are destitute. Speak up and judge fairly; defend the right of the poor and needy." It seeks to walk alongside the broken and to speak out for

those who have no voice. It acts as the voice of the destitute, bringing these terrible circumstances to light not only for Redeemer students but also the public and the government, providing crucial education to the local community through speaking engagements at schools and churches across southern Ontario.

At one point the focus of Be the Voice was very outward and community focused. This year, club leader third-year Social-Work student Alicia Flanagan has turned part of the club's vision inward, seeking to inspire and promote students to fulfill their vocational calling in serving the needs of those who need our help. Whether this occurs through club activities or through a different form of outreach, she urges students to find a place where they know they are making a difference in our world, even if it is just one step at a time.

That being said, Be the Voice does provide unique opportunities for those with a passion to help others. This is done through educational, hands on activities which will allow you to pour out and develop your talents in regard to social justice, by helping to speak out for those whose lives have been devastated by the harsh reality of human trafficking. In order to better educate students, Be the Voice offers a dorm devo session to develop meaningful

conversations about the problems of human trafficking. Be the Voice offers opportunities to work off-campus in different outreaches, but also has developed intra-campus activities designed to educate students through events such as helping out with Ten Thousand Villages, leading chapel alongside the International Justice Mission, promoting fair trade products, selling t-shirts (Price: \$20, of which \$12 goes towards a human trafficking prevention/aftercare cause), and offering viable alternatives for students seeking to make a difference even in a small way. This even extends to include a fair-trade chocolate Valentine's Day candy-gram.

If you are interested in social justice and want to make a difference, Be the Voice is a great way to build up a foundation for further work in this area. You will cultivate and enrich your passion, gain valuable tools that can be utilized in the future to work towards global justice, and fulfill a role of servant leadership in a very tangible way. If you would like to be involved or are interested in having Be the Voice come to your dorm devos, please contact Alicia Flanagan at aflanagan@redeemer.ca.



LIVE IN THE CITY WHAT'S ON IN HAMILTON: FEBRUARY 2013

Molson Canadian Studio @ Hamilton Place

Shawn Desman—Tuesday, February 12th. 8:00 PM
Dean Brody—Thursday, February 14th. 8:00 PM
Harry Manx—Saturday, February 16th. 8:00 PM
Josh Ritter—Sunday, February 17th. 8:00 PM
Platinum Blonde—Friday, February 22nd. 8:00 PM

Hamilton Place

Blue Rodeo—Friday, February 15th. 8:00 PM

Copps Coliseum

Eric Church—Wednesday, February 13th.
7:30 PM
Lady Gaga—Sunday, February 17th. 7:00 PM
The Who—Tuesday, February 19th. 7:30 PM

The Casbah

My Son the Hurricane—Friday, February 15th
The Dinner Belles—Saturday, February 16th
Tim Magwood—Friday, February 22nd
Funkhaus—Saturday, February 23rd

Trinity Western and Christianity's homophobia problem

BRYAN SANDBERG — MARS' HILL (TRINITY WESTERN UNIVERSITY)

LANGLEY (CUP) — Christianity has a public relations nightmare on its hand — everyone thinks Christians hate gay people.

Okay, so I'm exaggerating — not everybody thinks that. However, it's closer to being true than some would like to admit.

A 2007 book by Christian pollsters David Kinnaman and Gabe Lyons titled *unChristian* found that an astonishing 91 per cent of 16 to 29-year-olds that don't attend a church described the Christian church as being "anti-homosexual."

"A great number of gay Christians have found themselves rejected by their families, kicked out of their churches or stripped of their leadership positions, all because of judgment against their sexual orientation."

This was also the number one negative perception against the church found by the authors, ranking even more highly than "judgmental" or "hypocritical." For those of us with strong ties to Trinity Western University, this accusation is wearily familiar.

In the early 2000's, Trinity Western was forced to defend itself before the Supreme Court of Canada against accusations of anti-gay discrimination; these same accusations are now cropping up in 2013.

And while the Supreme Court of Canada did rule in favour of TWU in 2001 on the basis of freedom of religion, it is unfortunate that the religion we are free to have is being reduced in the public's minds to statements about gay people.

In the midst of the mainstream church fielding phone calls about discrimination and lamenting persecution by those who disagree with them, there is a very important situation that is not being addressed.

When Christianity, a belief system whose core message hinges on God's love for all people, is accused far and wide of hating approximately 10 per cent of the population, that is a very serious problem. That the Christian church's response has been at best, apathetic, and at worst, self-satisfied about this state of affairs is even worse.

When I first came out to my Christian minister parents, both of whom had strong Bible school



Photo courtesy of Mars' Hill

training and spoke regularly in churches, I was told with complete sincerity that I could not be gay and Christian.

So while, Jesus Christ's crucifixion, resurrection and ascension could save somebody like Saul of Tarsus, my sexual orientation alone was sufficient grounds for my theologically educated Christian parents (who I love very dearly and have come a long way over the years) to doubt my salvation.

I'm not alone in having to deal with new difficulties after coming out.

A great number of gay Christians have found themselves rejected by their families, kicked out of their churches or stripped

of their leadership positions, all because of judgment against their sexual orientation.

This should not be. If Christ truly came to save all, we as his followers should be eager to extend that same love and grace to all, without regard to race, gender or sexual orientation.

Here at Trinity Western, we know the Christian community does not have to be hostile towards gay and lesbians.

I am only one of numerous gay and lesbian students who have had very positive experiences being welcomed and loved by this amazing community. However, it is important for us here to be aware that the level of acceptance

found here is not the norm among Christian communities across North America.

It is to the Christian church's detriment that such discriminatory, prejudiced patterns continue unchecked, causing them to be seen as defining what Christians are about. It is my hope that those who have experienced welcoming Christian community, be it at Trinity Western or elsewhere, seek to carry the same accepting embrace beyond this campus.

In doing so, may we as a community take even small steps towards correcting what is one of the modern day Christian church's most grievous wrongs.

Kathleen Wynne set to take office



Contributed Image

BEN GOODWIN

Most of the time, I come up with the ideas for the articles I write. Usually I'll pick something out of the news and comment on it, because while *The Crown* is a hard journalism source when it comes to campus happenings, we're more of an opinion publication as we relate to national news. It makes sense this way. Anybody who wants hard news can just go

read the *National Post* or the *Toronto Star* or any of the other publications that I'd read (and steal from) if we were a strictly hard-news source when it comes to events covered by other sources.

Given all that, I was kind of puzzled when Ben Reid asked me for an article on Ontario's new Premier designate, Kathleen Wynne. She isn't scheduled to take office until the 11th of February, she didn't do anything notable as a cabinet minister, she almost certainly won't get (re)elected due to Dalton McGuinty's legacy of economic troubles, and as head of a minority government she'll be only marginally more powerful than Tim Hudak or Andrea Horwath. Most importantly, she hasn't done anything as Premier yet, and anybody writing newspaper "opinion" about her at this point is mostly of the opinion that they need to get paid, because there's no legitimate opinion to be had about Kathleen Wynne yet.

I think maybe when Ben asked for this article, he thought there'd be a big controversy centred on the fact that Wynne is a lesbian. Part of the reason there hasn't been one yet is that Wynne was selected by Liberal Party delegates in a closed

convention, and therefore her appointment is not the great leap forward for women or the LGBT community that it would be if she'd been elected. It also doesn't indicate that Ontarians are "ready for openly gay leadership," as a few less scrupulous pundits have already opined. That's why we haven't seen a controversy: there's no need for one because Kathleen Wynne's presence in high office doesn't really say anything about us as Ontarians.

I keep getting a strange sense of *deja-vu* over all of this. We've been here before. At some point in our past, we appointed some woman as a temporary leader so she could stand in for a departing man who was certain to lose the next election and didn't want to face the electorate for what was likely to be an embarrassing loss of party credibility. We generally showed little excitement over her "historic" appointment to high office, too. Her name was Kim Campbell.

Campbell wasn't a lesbian, so while her disastrous showing in the 1993 election probably does give us a glimpse at Wynne's future, it doesn't fully explain why we haven't seen a lot of conster-

nation and handwringing over Wynne's sexual orientation. I know I said that there wasn't any need for a controversy, but since when has anybody in *The West* decided to forego something gratifying and fun just because it wasn't "needed?" So given that controversies centred on peoples' personal lives are, in a sick sort of way, gratifying and fun, why don't we have one now?

There's another 90s politician who can show us the answer to that question: Bill Clinton. Just to be clear, I don't accept or condone what Clinton did with Monica Lewinsky, nor do I think it's a strictly personal matter between Bill and Hillary. However, if the economy hadn't been as good as it was under Clinton, he wouldn't have been raked over the coals the way he was when that scandal came out. The kind of muckraking associated with putting the President of the United States on trial for something so trivial is expensive and time-consuming, and it isn't the type of thing you do when times are hard. We change a lot of our political behaviours when the economy is slow: we don't talk about abortion laws or weird flag-burning statutes; Bruce Spring-

steen stops writing songs about how the greedy capitalists gave his job to the Chinese. (Well, not his job specifically, his songs refer to the job of the blue-collar everyman. The recent success of Psy's *Gangnam Style* could however be the start of a movement to begin outsourcing our rock stars, perhaps a troubling development for Springsteen.) Instead he starts writing songs about playing baseball in high school, and people stop worrying about things other people do behind closed doors. That's why I had kind of hoped for a huge outcry over Wynne's appointment. On top of feeding our voyeuristic desires to witness these kind of polarizing spectacles, such an outcry would have been an indication that maybe we were finally coming out of the recession. But alas, the economy is not looking up and as such there is no outcry, because getting our collective knickers in a knot over an irrelevant politician's personal life is, for the time being anyway, a luxury we can't afford.

Students discuss new fitness classes

BECKY CONNELL
CROWN REPORTER

The Redeemer Athletic Centre is looking into making active classes such as pilates, zumba, and yoga, available to students. Currently, no such courses are offered at Redeemer but students are eager to participate if they are implemented. Fourth-year student Annie Stollery, said, "If it was free...[expletive] yes, I'd go to all of the classes offered!" Michelle Coghill agrees: "I've always felt that fitness classes, like step classes, have been missing from Redeemer. If we had them, students would definitely go!"

According to GoodLife Fitness, dance, yoga, pump, zumba and muscle classes were the most popular fitness classes of 2012, and they are expected to remain popular throughout 2013. Redeemer students reflect this popular interest as most advocated for yoga or pilates when asked which they would prefer if fitness courses were offered at Redeemer.

However, there is some caution in regards to the associations of particular classes with a Christian university such as Redeemer. Brent Westerink, fifth-year educa-

tion student, said, "You may want to name it something other than yoga due to the spiritual connotations." Linked with Hindu origins, to some yoga is as much a spiritual experience as a physical one. However, its current widespread popularity makes it permissible with many Christians who treat it strictly as a form of exercise. In regards to spirituality and yoga, Stollery said, "[It's] tricky, it's a divided thing...I definitely don't think you should focus on the inner chakra side of yoga, but if you do it purely for exercise and relaxation I don't think it's bad."

Along with spiritual issues, affordability is at the forefront of many students minds. Cost appears a main factor for students who would otherwise like to partake in fitness classes at Redeemer. While there have been active classes such as ballroom dancing, karate, etc. offered at Redeemer, they have usually cost money. The bottom line is (for most of us) that despite student interest in physically active classes, sore muscles cannot outweigh a sore wallet which is already overworked and in agonizing pain each time it is opened and stretched. Westerink said, "[I] sure hope it's free!"



Contributed Image

and fourth-year concurrent and physical education student Gillian Gladu said, "A lot of places that offer these classes are super pricey so Redeemer offering it would be a great way to get students active!"

Students are excited at the possible use of physically active programs at Redeemer. Freyja MacDonald said, "Even if they ran a course inception and a while to train anyone who wanted to be a pilates or yoga instructor [sic]! That would be sweet! The more

promotion for health and physical activity the better and these are things anyone can do." Gillian Gladu also thinks these activities would be useful for students: "I think that would be a good idea. Zumba is good cardio and is super fun. I think it is a great window into sport and physical activity."

Caell Huyer, athletics coordinator, said, "This is an area of athletics and recreation that has not been fully developed, but is something that gives students an outlet to be fit and active without

participating in traditional sports or traditional workouts. Our goal is to get more students active at Redeemer, and active can be anything from a walk through a park, to partaking in intramurals or varsity programs, to a spinning class."

What do you think, Redeemer? Would you attend fitness classes if they were available to you on campus?

Spring Banquet at Carmen's Still a Go Despite Casino Backing

DANICA THOMSEN

Student Senate has learned that the venue for Redeemer's Annual Spring Banquet, Carmen's Banquet Hall, is owned and operated by Peter and PJ Mercanti, who are behind the planning and funding of the proposed casino in downtown Hamilton. Because of this, some students who are opposed to the building of this casino have raised concerns about the venue and proposed that Senate find a new venue for the Banquet.

After careful consideration, the Executive members of Senate have chosen to stay with the current plan to use Carmen's as the venue. The venue was booked 5 months ago in September, before news of the casino had surfaced. Additionally senate would be responsible for any lost revenue from the cancellation, as well as the cost of a new venue. Finding a new, comparable venue could also be very difficult on such short notice, with a month and a half left until the banquet and with such accommodations that Carmen's provides, (intelligent lighting and more). Furthermore, Carmen's has been the venue for the Spring

Banquet for the past ten years, and has always been very gracious and accommodating to us, also providing us with a special rate for our booking. To cancel now would be in bad faith towards a business that has treated us extremely well for such a long period of time. Student Senate also feels that it should not make a political statement for or against the new casino in such a manner at this time, out of respect of its greater representation of Redeemer as an institution.

That being said, Senate has not ruled out seeking new venues for future years, and is currently looking into a variety of options for Banquet next year and beyond.

The Green Delusion

Continued from page 3

The garbage patches are growing every year, and more and more animals are being found with the filth of humanity lodged in their throats.

"This doesn't affect me," you might say. But it does in more ways than we will ever know. For example, the lanternfish is one of the 260 species of fish that is known to consume pieces of (sometimes poisonous) plastic. Scientists have discovered as many as 83 fragments of plastic in their stomachs. The lanternfish is one of the main species of fish that tuna fish consume. If you enjoy eating tuna, then chances are you are eating many bits of plastic that have been accumulating in the ocean. Who knows where this plastic has been? It could be discarded lighters, old computer monitors, water bottles, tampons, or even medical waste (think plastic injection needles). Yes, its possible you may be eating pieces of old tampons or needles. Think about that.

Is there a solution to this problem? Sort of. We use plastic in almost every area of our lives, whether it's for food, drink, or fashion. Plastic is not biodegradable; every piece of plastic that has ever been produced from petroleum still exists today. Recycling is great but it doesn't always work, as the anonymous custodial worker commented. Is there any hope for the average Redeemer student in becoming "green"?

A first step to consuming less plastic would be to boycott bottled water companies. Yes, bottled water has been useful in aid situations but we really don't need it in our day to day lives. The stuff you buy from Nestle or Dasani is right out of the tap. Its not from some fountain of life in Europe--

its from the tap. Bottled water is a scam, and is ruining the lives of God's creatures, and that includes you and me. If you need "clean water," buy yourself a tap filter or a Brita filter jug. Buy yourself a decently sized reusable bottle and bring it everywhere you go. Heck, do the same if you drink coffee or tea and purchase a travel mug. The amount of plastic you consume daily will dramatically decrease, as well as your impact on all creation, here and around the world.

"Yes, its possible you may be eating pieces of old tampons or needles. Think about that!"

Another suggestion may be to change your diet. Think about what you are putting into your body day in and day out. According to a UN report released in 2010, agriculture, particularly meat and dairy products, accounts for 70 percent of global freshwater consumption, 38 percent of the total land use and 19 percent of the world's greenhouse gas emissions. According to Dr. David Brubaker, at Johns Hopkins University's Center for a Livable Future, the way that we breed animals for food is a threat to the planet. It pollutes our environment while consuming huge amounts of water, grain, petroleum, pesticides, and drugs. The results are disastrous. The Sierra Club (an American Environmental NGO) wrote in their 2002 report on animal factories, "environmental violations by the meat industry add up to a rap sheet longer than War and Peace."

According to a 2006 study done

by researchers at the University of Chicago, most North Americans can reduce more greenhouse gas emissions by becoming a vegan than they can by switching to a hybrid electric car. In fact a vegan diet prevents the equivalent of 1.5 tons of carbon dioxide emissions every year. The amount of methane emitted from flatulence has 23 times the global warming potential of carbon dioxide. Entire forests are being cut down to make room for cattle to graze on. Forests are essential for the survival of many species, including our own. The fact that we are cutting them down to make room for methane machines like cows is not ideal. I could go on and on but, simply put, the amount of fossil fuels used to farm animals and the amount of methane they emit is dangerous for the earth that was given to us by God.

Being a Christian means doing justice, and we have been doing a great injustice to creation. If we are to bear the name of Christ, it follows we must do justice to creation. It means caring for what has so graciously been given to us by the Lord, and altering the suicidal path that we have been on. I have great hope for humanity, and I believe that it is time for our generation to rise up from this drowsy apathy that's been forced upon us by the media, our elders, and our culture. Free your mind; wake up and realize that what you are doing every single day is affecting someone else in this world. At the very least you can make that disgruntled student custodial worker happy by recycling your plastic bottles and your paper correctly.

Change around the corner for the Rec Centre

**JULIA SODERHOLM
CROWN REPORTER**

The Rec Centre has long stood in the corner of third parking lot, a tired and practically unused old building devoted to student leisure. Its pool table, big screen TV, and board games collect dust as a bored student employee wiles away the hours doing homework in the office. Despite its original intention to be a place for students to relax, it is mostly used for events geared towards those who live on campus—namely, the monthly worship night Hot Spot, and an occasional games night. How could this space, originally purposed with the student body in mind, be put to better use? When Student Senate was surprised by a surplus of leftover money—a total of \$80,000—from the last few years, they began asking themselves that same question.

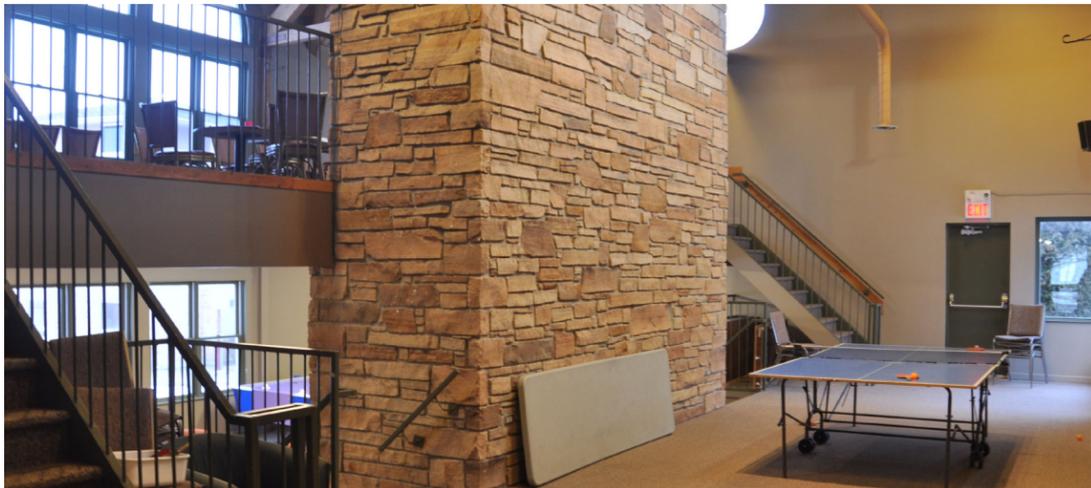
The project of revamping the Rec Centre was initially taken on by 2011/12 President, Esther Cubitt, who felt that making the Rec Centre a more relevant, useable space was one of the best ways to help students long term. She got the ball rolling by conducting surveys that asked students how the Rec Centre could serve them better. The response was almost unanimous: the students didn't need another place to hang out. On-campus students spend most of their downtime in their dorms or the dorms of their friends, so there just wasn't a demand for another place to watch TV or play a board game. What there is demand for, however, is a decent place to see a live show. The surveys brought in an overwhelmingly positive response to the idea of the Rec Centre acting as an on-campus venue.

Most students who are a part of the Redeemer community can think of a time that they attended a Rec Centre show or worship night. With the main area divided into three separate levels, this is not a space that intuitively calls for live music. And yet, various

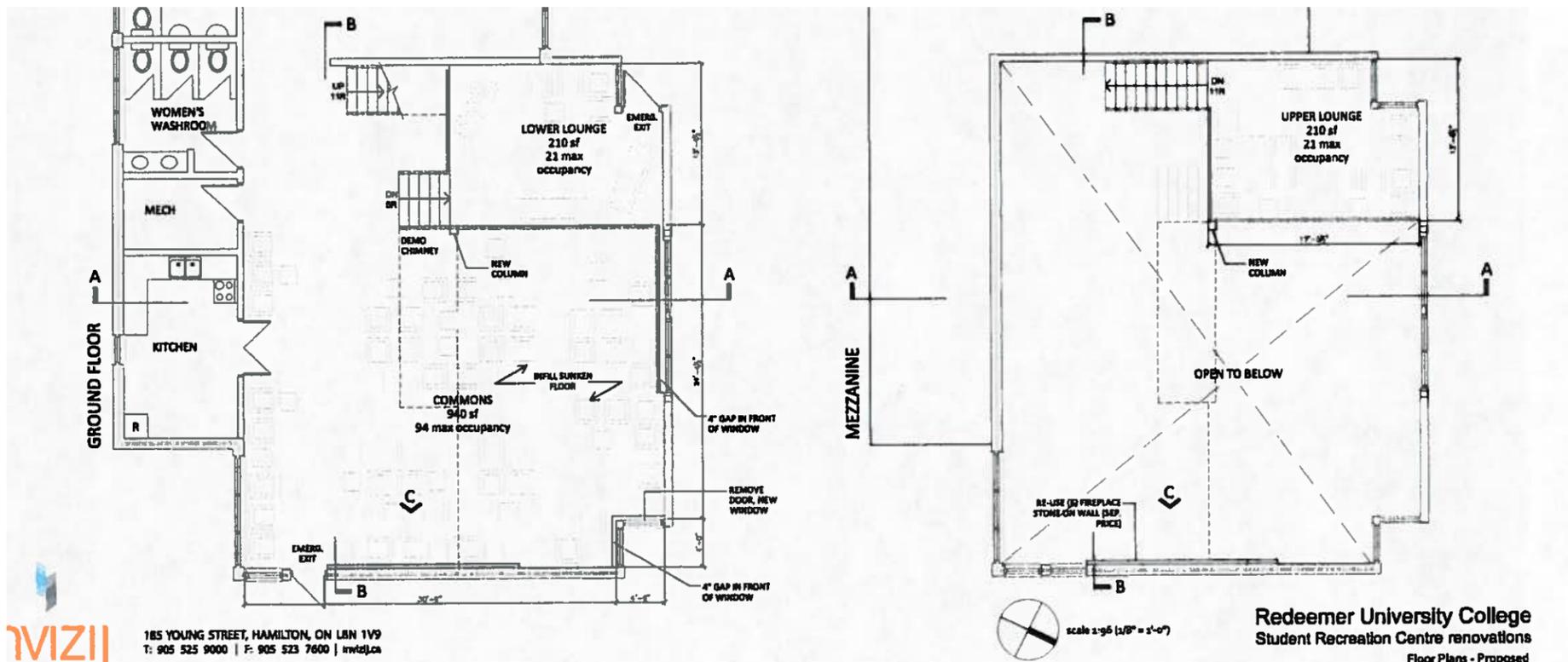
groups, bands, and worship leaders have bravely attempted to put on show after show in the space. What results is generally a small portion of students squeezed into the area in front of the stage while the rest inevitably end up on one of the other two levels. As far as live music goes, this is not an ideal set-up.

Since Esther graduated last year, the torch has been passed to current president, Jared Vanhuizen. Jared explained how the planning team has been working with architectural firm Invizij, who have done Rec Centre work in the past, to reconstruct the inside of the building. Showing me the blueprints that have been drawn up he explains, "\$80,000 might sound like a lot, but when it comes down to it, it's not. We're definitely doing renovations, but no additions will be made to the space. That could come a few years down the road." The current plans, however, include a significant change to the interior of the building, opening it up to form a much larger central area. By eliminating a large portion of the split-level, the main area will be big enough to fit a large amount of people in one room, on one floor. Jared pointed out that not only could the space be used for local bands to perform on campus, it could potentially become the new venue for Coffeehouse. Making the Centre a space for events as opposed to a place to pass time will hopefully mean that it actually gets used.

The changes need to be approved by the Board of Governors in order to move forward in actual renovation, but the support the school has already shown for the idea suggests that this will not be an issue. If all goes according to plan, renovations could start in the spring and be done by September, just in time for the next academic year. "This isn't the final vision for what the Rec Centre could be," says Jared, "but it's a step in the right direction. In the long run, these changes will benefit everyone using the space."



Photos by Melissa West, Graphics Editor



FEATURES

THECROWN.CA | FEBRUARY 2013

Battle of the Band 2013

What Do the Lanterns Have to Say About Winning This Year's Battle of the Bands?

BECKY CONNELL
CROWN REPORTER

On January 18th, 2013, the Lanterns won the people's choice award and final prize at Redeemer's 6th Battle of the Bands, and they're excited for the next step.

So who are the Lanterns? Familiar faces to Redeemer, the band includes Justin Eisinga (Vocals), Adam Rudy (Banjo/Bass/Vocals), Jeff Becker (Guitar/Vocals), Jozef Teeuwsen (Guitar), and Alex Teeuwsen (Drums).

In response to their double win,

Jeff Becker said, "It felt a mix of awesome and crappy to win both prizes because there were other acts that definitely deserved to come away with one or the other. But it was a lot of fun." Justin Eisinga was surprised and said, "Personally, this was just something fun for us to do. I never expected to win, so it was quite a surprise to find out we won both prizes! We love music, and the plan was just to go up there and have fun doing what we love to do."

What has inspired their sound? "The kind of music we are in-

spired by (Southern Rock/Blues) is a passionate genre, and in that same way we want to be passionate about our own craft and write music that lifts the soul," said Justin Eisinga.

Adam Rudy shared, "I know I speak for all of us when I say that one of the main reasons we do this is because it is just so much fun. The other, equally important reason that we write and perform music is to speak to people. Music is a major medium of artistic communication in our society, and we try to use it to communicate things

that we think are important for people to know such as our hope in Christ, that they are loved, and to encourage and inspire an apathetic and complacent people to action."

When asked about nerves, Rudy responded, "It is easy to play at Redeemer because you know that you are surrounded by friends and nervousness isn't really a concern. Playing for a larger audience composed of people we do not know is slightly more nerve-racking but also hugely exciting."

What's the next step? As win-

ners of Battle of the Bands, the Lanterns have been submitted into the nationwide "Campus Music Explosion" competition, and they're hoping they won't be the only Redeemerites there. "We really want to bring a big group of Redeemer students, but in order to do this we need to have enough people on board for Micah to book a bus," said Eisinga.

Campus Music Explosion takes place Tuesday, March 30th at Sheridan College, Oakville.

Some Enchanted Evening

JULIA SODERHOLM
CROWN REPORTER

This past Wednesday night, a large and buzzing audience settled down in the school's auditorium for three hours of singing, dancing, and the South Seas. This year's mainstage production South Pacific ran for a total of six performances, including one matinee and five evening shows. The cast of 28 actors spent the week in and out of costume, and having their hair and make-up done and re-done countless times as they were transformed from Redeemer students to navy marines, nurses, and island natives.

The play, though long, was entertaining, with scenes that ranged from feel-good group musical numbers to sentimental love scenes. The musical is a well-loved production of the 20th century, performed by countless theatre troupes and twice made into a feature film. Because of this, its storyline and musical score are familiar to most. The story is set in World War II on an island in the South Pacific. The island is home to a strange combination of wealthy expats from Europe and America, the native people of the island, and various members of the US Navy. Through the interactions of these diverse characters, the musical explores themes of racism, love vs. sex, and prejudice, all set to Rodger and Hammerstein's fantastic music.

The orchestra alone was extremely impressive. Sinfonia, a combination of current students, community members, and professionals, played the entire score from behind the curtained stage. Having live music as accompaniment added immediate authenticity and presence to the whole production. This being Redeemer's first musical since Fiddler on the Roof of 2009, it was a very different kind of production than the last few years. Actors spent hours learning dances put together by a choreographer who taught them how to move in character. Hours upon hours were spent with vocal coaches as students honed their singing skills throughout the semester. Rehearsing for this production required a lot of time, commitment, and the willingness to step outside of one's comfort zone as new skills were tackled

and perfected.

What resulted was a lively and enjoyable performance with an exceeding amount of talent. With standout performances, particularly by the female leads, the entire cast worked together to craft an exciting, sensuous, and sometimes comical world that left the audience feeling satisfied and, yes, a little bit enchanted.



Photos by Jenna Bos

Ask Redeemer: I am a closet fan of _____.



AJ Regnerus

“Degrassi. I really relate to the characters.”



Micah VanDijk

“Mean Girls. It was just really well made.”

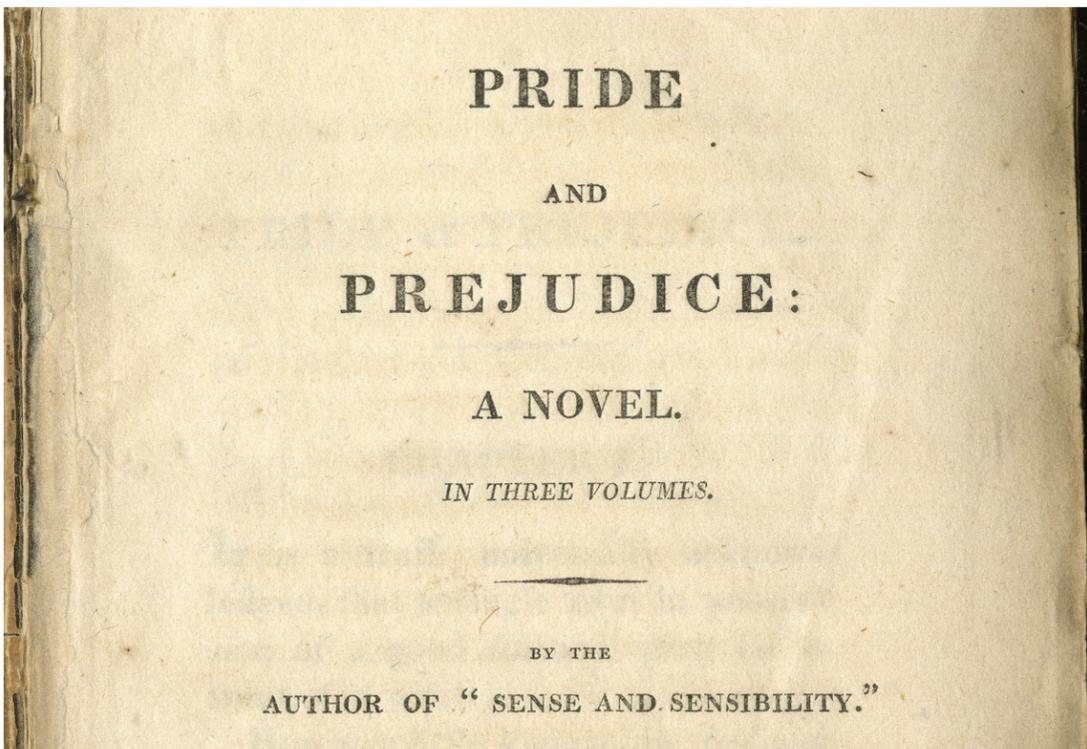


Corey Hoogsteen

“Evanescence. I don’t know why, ask 12 year old Corey.”

If you have a question you think *The Crown* should ask Redeemer, send it into thecrown@redeemer.ca!

Pride and Prejudice Turns 200!



Contributed Image

BECKY CONNELL
CROWN REPORTER

In light of the novel’s 200th anniversary of publication on January 28th, 2013, *The Crown* decided to pay homage to the dearly beloved *Pride and Prejudice* by Jane Austen.

When I was fifteen years old, my mother gave me a copy of Jane Austen’s *Pride and Prejudice*. Up until this point, I had not read a novel that preceded the twentieth century, but having seen the BBC version of *Pride and Prejudice* I was excited to read into the lives of characters who visited grand places such as Pemberley and who said things like “In vain have I struggled. It will not do. My feelings will not be repressed. You must allow me to tell you how ardently I admire and love you.”

With determination, I struggled through the book over several months and found myself com-

pletely enamored by the eloquence of the novel and enraptured by the romance between Elizabeth Bennet and, of course, Mr. Darcy.

However, *Pride and Prejudice* is not limited to a love story; it is also an intricate insight into Jane Austen’s Regency Society and all of the proprieties which it demanded. Austen points to and criticizes the trivialities of nineteenth century society and the restrictions it placed upon its members.

So what’s all the hype?

Pride and Prejudice is the story of five Bennet sisters whose mother tries to marry them off in order to secure their futures. It is also the romantic tale of Elizabeth Bennet and Fitzwilliam Darcy, who develop a confused relationship which is complicated by class-distinction, rejection, and well, pride and prejudice. Elizabeth Bennet is well-read, intelligent and outspoken and appears to be an intolerable match for the

cautious and wealthy Mr. Darcy. However, after growing as individuals, the two find themselves irrevocably drawn to one another.

Pride and Prejudice follows several relationship developments which range from the audacious Lydia Bennet and her hasty romance with George Wickham, to the shy and slow relationship between Jane Bennet and Charles Bingley. As well, its comedic characters, such as Mrs. Bennet and Mr. Collins, throw the reader into an entertaining world of confusion and melodrama which promises an engaging read.

Even if you have seen the film or read a Seth Grahame-Smith’s zombie twist of the novel, I recommend you read the original nonetheless. *Pride and Prejudice* will not only satisfy your romantic thirst, but it will also provide you with a beautiful yet critical depiction of the history and social customs of Regency life.

Movie Review: Silver Linings Playbook

SIMON FALLON

Bradley Cooper (*Wedding Crashers*, *The Hangover*) is a face mainly associated with comedies. You’re not going to be flipping through channels and find him tugging at heartstrings—or, you wouldn’t have until about a year ago. Prior to the release of his stunningly well-received new flick, *Silver Linings Playbook*, he was in a much less successful (though equally great) piece of film called *The Words* in which he plays a struggling writer that steals an old work of ‘fiction’ he finds in a musty briefcase that is received as a gift. Although the movie had a superb story line and a star-studded cast it didn’t translate well to screen. *SLP* does not follow in those footsteps.

Bradley is a man set apart in this movie. We first encounter him getting out of the psychiatric ward. Why he was there we have no clue, but what is apparent from the onset of the film is that there is a startling disconnect that he is experiencing from his social circles. In fact, we get the feeling

that he’s trapped inside his house to a certain extent, with only his mother and his immensely superstitious father. (Some people might call such a setup *Hell on earth*.) Bradley is constantly trying to reconnect with his wife, who for some reason is keeping loads of distance between them. However, before he can see her again the ridiculously forward and sass-infused Jennifer Lawrence steps onto the scene, and through a bunch of moderately scandalous outfits and a couple of dance numbers attempts to steal his heart.

Ultimately the movie is about forgiveness and about opening the viewer’s eyes up to the fact that we are all searching for some form of forgiveness, and if we haven’t begun travelling down that road we probably need to in some area of our lives. Cooper does an excellent job of blending innocence, anger, and enthusiasm for life in this fantastic movie. Seriously, 9/10.

Up and Coming: Tom Odell

BECKY CONNELL
CROWN REPORTER

With the release of his EP “Another Love” in the fall of 2012, 22-year-old singer-songwriter Tom Odell from Chichester, England, has quickly gained popularity and respect in Britain and abroad.

He has already racked up a Brits’ choice award and made it onto the BBC sound of 2013. He is the first male artist to receive the Brits critics’ choice award. Previous recipients include Emeli Sandé in 2012, Jessie J in 2011, Ellie Goulding in 2010, Florence and the Machine in 2009, and Adele in 2008.

Odell is well-known for “Another Love” and “Can’t Pretend,” both songs which stand out with his trademark, enthusiastic pianist skills. He has also established himself as a writer of emotional songs about sensitivities and the trials of love, performing them with a strong vocal sound of angst and a great range.

This past month, Odell has been making waves in North America by touring the US and making a stop in Toronto to boot. On January 26th, 2013, Tom Odell performed at the Rivoli in downtown Toronto. To inform those who haven’t been, the Rivoli is a unique venue which guarantees entertainment throughout the entire night. There is a restaurant on the main floor with the venue at the back (completely obscure if

you are not looking for it) which hosts concerts and club nights. If that’s not your style, there is always a pool hall upstairs.

Opening with upbeat and energetic Toronto band, Jane’s Party, the small back venue of the Rivoli was packed by the time Odell made it onto the stage.

Remaining fairly unknown in Canada, Odell’s intimate performance was a perk for audience members who were able to enjoy a small show and even hang out with the band afterwards. Warmed by the friendliness of Canadians, Odell announced that he would seriously consider moving to Toronto.

Appearing comfortable on stage and pleasant to speak with, Odell possesses a boyish and energetic charm; he is simply a guy who loves to play music. With an open piano, the vigour and passion of Odell is visually apparent as he fiercely struck the keys, bouncing up and down on his seat, while playing songs from his EP and his upcoming debut album *Long Way Down*, which is set to release April 15th, 2013. His performance was enriched by his equally passionate band that harmonized, switched between electric and acoustic guitar, and featured a stand-up bass. Unfortunately the performance was all too short but hey, for a guy who’s only released an EP, who can complain?

Royals Lose Thriller in Record Setting Night

PETER REID

The Redeemer Royals Women's Volleyball team gave their fans a show on Wednesday night. On the type of night where the story lines usually surround the Men's Volleyball team, it was the Lady Royals that everyone was talking about as Redeemer hosted the top ranked Humber Hawks.

Redeemer matched the Hawks set for set and pushed the #3 nationally ranked Hawks to the limit in a 5 set thriller. After only dropping 3 games all season, the Hawks seemed to be in control, taking the 1st set 25-16 and the 2nd 25-21.

But then something changed. Something sparked the Royals and as if someone turned on a light switch, Redeemer decided to wake up. Playing some of their best volleyball of the season, Redeemer took the 3rd set 26-24 stunning the Hawks who seemed to be expecting a 3-0 sweep.

Each player on Redeemer stepped up their game both offensively and defensively and forced the Hawks into making mistakes. Led by a record setting performance by Redeemer's Curtiss Straatsma (Brampton, ON), the Royals squeaked out a 27-25 win in the 4th set.

In the 5th set with the score tied 5-5 it looked as if the Lady Royals might pull off the miraculous comeback but a run by the Hawks gave Humber the lead. The Hawks did not falter in the 5th as they took the game 15-8 and the match 3-2. The two games the Royals took off



Photos courtesy of RedeemerRoyals.ca

of the Hawks were only the 4th and 5th sets that the Hawks have dropped all season, accumulating a total of 51 set wins.

Redeemer's Curtiss Straatsma was virtually unstoppable as she ripped apart the Humber defense for 23 total kills, 1 ace, 6 blocks, and 30 total points. Both the 23 kills and 30 blocks set a new Re-

deemer Royals record, 30 points was only 6 shy of the all-time OCAA record.

Straatsma matched reigning OCAA Player of the Year and CCAA All-Canadian Kelly Nyhof throughout the match. While the Hawks won the battle for 2 points in the standings, it was Straatsma who won the battle between two

of the top players in the country as she was able to squeak out 2 more kills and 1 more total point than Humber's Nyhof who finished with 21 and 29 respectively.

Redeemer's Rebekah Wright (Burlington, ON) had an impressive 30 digs in the loss.

The Royals will now look to take this strong play into their final two

games of the season. In a situation of must-wins, Redeemer faces Mohawk College and Niagara College to decide who will be grabbing the final playoff spots.

Redeemer's April Passchier (Kitchener, ON) played in her final home game as a Royal.

Volleyball Powers Collide

PETER REID

While the OCAA West Division of Men's Volleyball is packed with tough competition, there always seems to be an extra excitement surrounding a match at home that features the Royals and the Humber Hawks. A rivalry that is very new and fresh is turning out to be one that is always full of intensity and excitement. Last night at Redeemer University College, that was certainly the case.

The Redeemer Royals (13-3) entered the match coming off of their first loss in 12 games at the hands of the Niagara Knights. The men's team was looking to get back into the win column and continue the very difficult test of finishing in the top two in the highly contested OCAA West Division.

The Humber Hawks (12-5) were looking to continue their late surge having won 6 in a row. With Redeemer, Niagara, and Humber all sitting with 12 wins on the season, the tilt between the Royals and Hawks would prove to be a very valuable 2 points.

Backed by a large crowd of Royals supporters, Redeemer came out flying and stunned the visiting team with a convincing 25-16 first set win.

The 2nd set proved to be similar to the first and although the final score was 25-21, the Royals controlled the run of play from start to finish.



The 3rd set saw the Hawks gain some life and provided a glimpse of why Humber can be such a dangerous team. On the backs of a strong defensive performance, the Hawks took the 3rd set 25-22.

From there, the Royals and Hawks battled it out in a close 4th set. Both teams exchanged points but Redeemer kept its edge. After a number of huge defensive plays, Redeemer took the lead late and

was able to cruise to a 25-20 win and a 3-1 victory.

Three Royals had double digit points as Eric Heidbuurt (Waterdown, ON) had 18, Calvin Fast (St. Catharines, ON) had 16, and Cameron Groenendijk (Chemainus, BC) had 13. Setter Jake Klassen (Surrey, BC) had another strong game for Redeemer and Jesse Dykxhoorn (Holland Marsh, ON) had a team-high 21 digs.

Andre Brown and Matthew Isacs each had a team-high 9 points for Humber.

With the win, Redeemer now moves back into first place in the OCAA West as the only team to have 13 wins.

The Royals have two games remaining with matches against the OCAA Provincial Championship host Sheridan Bruins (10-5), and the always-tough Hamilton rival

Mohawk Mountaineers (8-7). Redeemer now controls its own fate in terms of playoff positioning. A win in either of their final games would secure them a top two finish and a bye right into the Provincial Championships.

David Klomps (Surrey, BC), Aaron Vanderlugt (Burlington, ON), and Jesse Dykxhoorn all competed in their final home game as a Redeemer Royal.

A Celebration Worth Remembering

BRANDON RICHARDSON

Edmonton Oiler's nineteen-year-old rookie, Nail Yakupov, has reopened the heated discussion on goal celebrations in the National Hockey League (NHL). Yakupov, the No. 1 overall pick in last summer's NHL draft, led his Oiler's into overtime with a goal that was batted out of the air with only 4.7 seconds left in the third period. The late-game goal, scored against last year's Stanley Cup champions, Los Angeles Kings, tied the game 1-1 and eventually led the Oilers to pull out an overtime victory. The electric atmosphere, timely goal, and pure passion led Yakupov to celebrate his goal by skating as fast as he could towards his own net, drop to his knees, and slide to a halt in his defensive zone where he eventually bowed, burying his head in his gloves.

Similar exaggerated celebrations have come under attack over the years so it is not a surprise that the energetic youngster would come under scrutiny for this burst of passion. Don Cherry weighed in from Coach's Corner, "If any time you want to make our highlights at the start [of the show], just act like an idiot like this." Jarret Stoll of the Los Angeles Kings made a remark as well about how the guys in the dressing room after the game were not fond of the celebration (but of course they wouldn't be after the game was stolen from them by the young enthusiast).

Opposing the negative backlash was the Oiler's captain, Shawn Horcoff, who commented, "He just loves to score goals. Obviously, as he gets older, I'm sure he'll realize it's more tiring to skate up the ice like that and dive, than it is to celebrate with your teammates. But it was a big win for us, (and) given the circumstances, battling back to score was huge. We were jumping on the bench, too. Maybe not quite like Yak, maybe half, but we're OK with it."

Professional athletes have always had to deal with accusations of showboating and being unsportsmanlike. Whether they hold true or not, just ask Alexander Ovechkin, Chad Johnson, Kobe Bryant, Terrell Owens and now Nail Yakupov. In many cases, rules and guidelines have had to be put in place in different sports to limit these playing field shenanigans. Recently, after resigning with the Montreal Canadiens, PK Suban was instructed that one of his terms of agreement would be not to showboat and celebrate solely with goaltender Carry Price. There also have been many stipulations placed on touchdown celebrations in football over the years. The NBA has had their fair share of discussions over the same issue.

In the majority of minor hockey leagues across Canada, an emphasis is placed on celebra-

tions by young hockey players. A good celebration of a goal is usually referred to as a "dirty celly" (celly pronounced selly). Often, young players will try to impress teammates with creativity and style during their post-goal celebrations. Other times these dirty cellys merely occur out of a moment of passion where a player is caught up in the emotions of the goal. Overall this mind frame amongst minor hockey players is one of the reasons that certain celebrations are deemed inappropriate and immature in the NHL.

Some would like to see exaggerated celebrating banned entirely and during one conversation about this issue of celebrations a friend said to me, "Next time I finish a project at work I'm going to take my keyboard, slam it down on the desk and start parading myself around the cubicles." His use of hyperbole does bring a humorous perspective to the conversation. The argument is that these athletes are celebrating quite immaturely at something they are required to do in their job. Often they neglect their teammates, who made their feat possible, while parading around like a fool.

Regardless of the sport, fans and teams alike seem to hold some standard of acceptability when it comes to celebrations. Whether accepting of Yakupov's celebration or not, the general consensus is that celebrations should, for the most part, include teammates who in most situations create the opportunity for the celebration in the first place. Secondly, it seems as though planned and immature celebrations are far less acceptable than passionate and spontaneous ones. Lastly, it is expected that a celebration be timed well; for instance, a celebration after a milestone, key goal, or emotional play is much different than one that is carried out during a meaningless or blow-out game.

Yakupov went 2 for 3 with this standard during his tying goal celebration and, although he neglected the team aspect, he was sure to include them in his very next overtime goal against Phoenix. He motioned for teammates to come celebrate modestly with him in their victory.

Celebrations will always be a part of athletics. In an energetic and emotionally charged atmosphere, almost anything can happen with any event. Fans must understand that they are paying for entertainment and, at times, that is what they will get, regardless of how dramatic. But, unlike the world of theatrical entertainment, a degree of dramatization is expected to be held back. The last thing we want hockey to become is soccer-like.

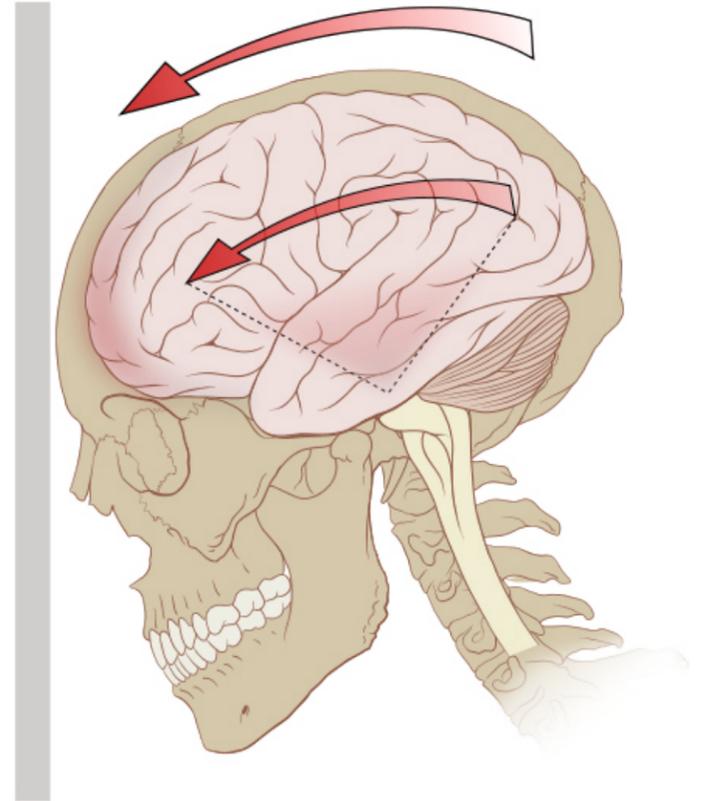
It's Just Your Brain (Who Needs One of Those Anyways?!)

JORDAN MILLER
ATHLETIC THERAPIST

Concussions, the stigma of an entire generation of athletes, are surrounded with questions and confusion beyond any other injuries: When should I play through pain? When should I lie about the symptoms? Why does it seem like everyone is concussed these days? Should I believe what I hear on TV? In this piece, my first ever for the Crown--and perhaps my last depending on how it is received by the student body--I am here to lay it out. As a Certified Athletic Therapist in Canada, I am fortunate enough to have a formal education in neurological conditions, as well as constant encouragement to update my knowledge base on such a pressing issue. Here are the answers you may want and/or need when your friend goes down in intramurals and Jordan isn't on campus to help out (although sometimes it seems as though he is ALWAYS here). A quick note before we begin, all of the following information is drawn directly from the International Consensus Conference on Concussions in Sport, an organized body of neurologists recognized by the IOC, IIHF and FIFA as the world leaders on this particular topic.

What is a concussion? A concussion is a neurological condition encompassing the symptoms suffered following functional damage to the brain. Functional damage occurs when the brain contacts the skull and the stretching of the neurons alters said neurons capability to transmit signals. This damage, though capable of creating debilitating symptoms, rarely appears on a CT Scan or MRI, leaving assessment to rely 100% on the symptoms the patient is suffering from.

Why is a concussion dangerous? The two primary concerns in any scenario involving a positively-assessed concussion are: Secondary Impact Syndrome and Chronic Traumatic Encephalopathy. Secondary impact syndrome (SIS) is a condition which occurs when a patient sustains a second concussion while still symptomatic from a previous one. When a patient suffers from SIS, the brain loses its ability to regulate arteriole blood flow to the brain and severe, often catastrophic, swelling occurs. Chronic traumatic encephalopathy (CTE) is a condition which, until recently, was very misunderstood and unknown by the general public. CTE is the active degeneration of the neurons of the brain, following repeated concussions of a severe nature. The symptoms of CTE include advanced dementia, violent mood swings, and general depression, and can appear at any time from weeks after a concussion to decades later. The majority of diagnosed CTE cases are post-mortem, during an autopsy examination of the brain. However, we shouldn't allow that to take away



Contributed Image

from our concerns over the mental health of people with a history of concussion-based symptoms.

How do I know if I have a concussion? Concussions are identified as either direct or indirect trauma to the brain causing one or more symptom lasting longer than five minutes post impact. These symptoms include but are not limited to: dizziness, confusion, blurred/double vision, headaches, unconsciousness, loss of balance, mood swings, feeling "out of it," nauseousness, and many more. The old belief that you must be knocked unconscious to have sustained a concussion has been completely de-bunked and should be eliminated from any decisions being made on a concussion assessment.

What do I do if I may have a concussion? With persistent symptoms, see a Dr. or health care professional as soon as reasonably possible. Pain killers, alcohol, or any other recreational drugs must be avoided to prevent the masking of symptoms which then reduces your awareness of your condition. A good practice for the first night after neurological injury is having a roommate/RA, someone you can rely on, wake you up every 2 hours to have a full conversation and monitor your symptoms to ensure their stabilization. DO NOT RETURN TO PLAY until working through the full concussion rehabilitation process.

What is the return to play rehabilitation process? It is a seven-day protocol which allows a completely safe return to play following a concussion of any severity. You must complete each level, followed by 24hrs of rest before going to the next step. With the return of symptoms, you must go back to step one. Step one: 24 hours of symptom-free rest. Step two: LIGHT activity for 10-

15 minutes (an example being running on the treadmill to the point at which you barely sweat). Step three: Heavy activity, a 20-25 minute jog in which you stress your Cardiovascular system. Step four: Sport specific activity (examples being kicking a soccer ball, shooting a basketball, stick handling with a puck, etc.). Step five: Non-Contact practice (only participating in drills which have zero potential for unexpected collisions). Step six: Full practice. Step seven: Complete return to play.

Concussions are TOUGH. They are tough because they instantly cause fear and often depression within the person suffering from these symptoms. They are tough because to the people surrounding the victim everything seems ok. Unlike an ankle sprain or a shoulder dislocation involving visible disability and tangible progress in recovery, concussion-based symptoms can come and go seemingly without logic or warning and create a very unpleasant situation even when the impact seemed insignificant. The last questions I feel should be answered in this piece is: what should we do with this information? My recommendation is that you never take symptoms after an injury to the head lightly. See a doctor or someone who is trained in dealing with such issues and do not suffer in silence. If you know someone who is struggling with this, understand that helping a patient stay positive can be incredibly beneficial to their recovery. In addition, teasing someone about it or saying "I'm sure I've had lots of concussions before, I just played through them" is simply not acceptable. Just ask the families of Junior Seau, Wade Belak, Derek BooGaard or Rick Rypien, to name a few.

Ben's Beefs



You Can Do Anything as Long as You Talk About it!

BEN REID
EDITOR-IN-CHIEF

I had originally created this column for humour but, after using up all my jokes in the first column last month, I quickly realized that this month would be more serious. So my apologies to all who are reading and are expecting a plethora of jokes. You will be disappointed in the lack of jokes, but possibly enlightened instead. Not a bad trade-off if you ask me!

After four years here at Redeemer, I can't help but feel there is a mindset that we can do anything, watch anything, and listen to anything we want to as long as we discuss and dissect it after. More and more I get this feeling, not just from other students but from both faculty and staff as well.

Sure, why not watch the R-rated Looper for a joined Religion & Theology and Philosophy movie night? I mean, there are boobs in it and too many F-bombs to count, but were going to talk about it after so you know its going to be beneficial.

Or how about we go to South Pacific (a well-done musical by the way) where we can see girls in bikinis dancing and an implied

sex scene. There's no harm in that, Ben. Redeemer students won't take offense to that. By the way were going to discuss it after, so that will be okay.

Having a discussion after doing something wrong doesn't make that action okay. For example, if someone were to go out and have premarital sex, would it make it okay if they talked about it after? I don't think so.

You might think my argument is ludicrous, but I challenge you to take a closer look and see what is being justified in this manner around you.

I know the world can be and is being redeemed, but at what point do these things become toxic? When I look at scripture, it just doesn't quite line up with how we are operating at Redeemer. As Christians, we have this desire to operate as close to "the line" as possible, to get as much out of culture as we can without crossing that line into culture. I think that while this might not be completely wrong, we might be starving ourselves when our desire is to get as close to the line as possible. Instead God calls us to be set apart. To be different. What if we tried that for a while instead?



February 10, 2013
7:00 p.m.

Dwayne Cline
from Hughson Street
Baptist Church

@CHURCHINTHEBOX

No More Britney, B*tch!



COLIN HAYES

The other day I made the decision to begin running regularly and so I did what any logical student here would do in the middle of the cold winter season: booked one of Redeemer's fine treadmills for a couple fifteen-minute slots. I had my iPod, water bottle, and super-athletic-cool-runner-guy shirt on. I was good to go, but I was nervous because running is absolutely not my forte. The idea of entering into the weight room and floundering around on the treadmill like the amateur I am was a daunting one, forgetting the fact that there may be other people there as well.

Thankfully as I entered the weight room I was greeted by a nice calming atmosphere where I could just throw in my headphones and focus on the frightening task at hand. The music was just a background drone with beat and lyrics that lifted my spirits and allowed me to listen to my iPod once I turned it on. I completed my run and everything was fine.

As if! I entered into the weight room, which was thankfully empty at this time, to the doo doo doo doo doo doo boom doo doo boom boom (repeated a hundred times) of some pop song. This pop song wasn't just playing either, it was blaring. I'm a person who likes his music fairly loud, but as I put my headphones in and began my run I could still hear this song blasting out from the speaker just beside me. So I cranked the volume on my iPod up to its fullest to drown out the beat pounding my motivation into the dust. But, with the volume of the song behind me, my headphones couldn't get rid of everything. I was listening to two songs at once and it was making me quite grumpy because I wanted to enjoy my delightful running playlist.

I didn't want to stop running so I didn't ask for the music to be turned down, and of course the person at the desk seemed to be enjoying it anyway. So I just carried on with my run, growing grumpier about the music by the second. Then it happened, the pivotal moment that made me realize just how much and why

the music was bothering me. One of my earphones dropped out just in time to hear, more clearly than I had for the past few minutes, a phrase that repeats throughout this particular song: "It's Britney, bitch!"

It threw me through a loop. At first I was just angry with Britney for throwing off my groove. No, Britney, this is my time! I'm running in my super-athletic-cool-runner-guy shirt! It was so bad I thought I might Scream & Shout. Then as I continued to run I realized how ridiculous it was that I was hearing this song within our school workout room. A few thoughts began to take hold in my mind, and this is where I've chosen to share them. I do want to point out before continuing to write that this is in no way meant to be a condemnation of the actions of the students who work the Athletic Centre desk nor of their superiors. Instead, it is a general condemnation of the way music seems to be treated in a public setting by many of us here at Redeemer.

My first thought should be pretty clear just from reading the anecdote I began this article with: volume. Obviously I recognize that I could easily have asked the person working the desk to turn down the music if it was bothering me as much as it was. However, it seems that this should not really have to be the case. The majority of people who use the weight room to work out bring their own iPods and want to listen to their own music, and not have something else drowning their music out. I will, in the future, ask for it to be turned down if necessary, but I'd prefer not to have to feel like one of the characters from Grumpy Old Men.

My next point, more importantly, is the content of the music playing in our weight room. After all, it's important to realize that students are not the only people who use the workout room. In fact, there are many people who are not associated with Redeemer in the least who have memberships at the Athletic Centre. We are a known Christian institution, and thus our behaviour should reflect that to the community around us. Specifically, the music

we allow to play within a place that is so frequented by people outside our Christian community should reflect Christian living and the attitude of loving God and our neighbour. The topics of the songs played should be God-honouring, though not necessarily worship music. (This doesn't seem like a good solution as it seems unlikely many would want to lift weights to How Great is Our God; it's just not really pump up music.)

But, in the end, the lyrics and music should bring glory to God in their good message. The Student Handbook has rules regarding music at dances, and this should easily carry over to the music at the Athletic Centre. On page 13 it reads, "Particular sensitivity and discernment should be exercised regarding both music and lyrics. The intent is to promote a wholesome atmosphere... for the enjoyment of all participants." It then continues to give guidelines that can easily be summed up in saying that what is being sung about is just as important about the words being said. Though my example is fairly clear in its use of strong language, other songs that talk about partying or sleeping with people should have no place within our weight room, even if they say it nicely. Frankly, a guy singing about how he wants to love on a woman tonight because he might not get tomorrow is just as unappealing as Britney talking to me, if not more so.

I don't have a perfect solution to offer to this issue, but I do think this is something that needs to be discussed in greater detail. In the end, the best solution may be to eliminate music altogether and allow people the freedom to simply use iPods or anything else to enjoy the music they want. We need to be mindful that as a Christian organization, great weight is given to the ways we conduct ourselves by those we interact with who are not believers. Let's strive to be light and salt as an institution by saying no more "Britney, bitch!" If this language used in the Crown bothers you, it is proving my point. If it has no place in a public Christian newspaper, it has no place in a public Christian weight room.

**The views presented do not necessarily represent the opinions of
The Crown staff or the broader Redeemer community**

Each "Letter to the Editor" intended for publication by its writer should be printed, providing that (a) there is space available, (b) that the letter does not contain erroneous or slanderous material, and (c) that the editor-in-chief does not deem the letter to be offensive to the Redeemer community. Letters may be edited for brevity and clarity.

Editorial: What Are You Doing After You Graduate?



BEN REID
EDITOR-IN-CHIEF

From the minute you enter university, it seems people are just dying to know what you are doing after you finally complete it. I remember in my first years the question was asked repeatedly, and this has only increased as I get closer to graduation. While many people are fairly certain about the path they will take when they leave Redeemer, whether it be further schooling, family, jobs etc., many remain uncertain. With the all-powerful Bachelor of Arts degree (for most students) in hand, students begin fending for themselves, tackling the real world, search-

ing for a job, hoping to find work and, quite possibly, some friends along the way.

For many graduates this is a stressful time. Not knowing what the next step will hold and where it will take them is a scary future. Redeemer Alumist Mark DeVos recognized this problem for graduates and decided to do something about it. After much prayerful consideration, DeVos—with the help of a few Hamilton partners—decided to launch the Hamilton Fellows Initiative. This initiative facilitates a 10-month discipleship community for recent college and university

graduates who are seeking to explore the integration of faith within their church, workplace, and community.

Essentially the program matches graduates with a job in their respective field while offering theological training as well as a strong community which might otherwise disappear after graduation. Hamilton Fellows hopes to attract people from all disciplines, from business to science and beyond. On the Fellows website they state: “By participating in a Fellows Program, you will discern how your story fits into God’s story. You will start your

post-college years with a strong foundation for a cohesive life of faith, a full life that seamlessly weaves together your career, your personal life and your place in God’s story. You’ll begin to answer some of life’s most important questions.

So whether you know what you are doing or are still completely unsure, check out Hamilton Fellows online at hamiltonfellows.com and see it for yourself. It could be just what you need!

Why it Might Not be Love, but Ba-ba-ba-ba-ba-ba-bad Romance

JORDAN POWELL

It was a while ago, but I can still remember the first girl I liked. When I was younger I used to memorize Bible verses and then get together with hundreds of young people from across Canada to compete in game-show style quizzes on the verses we learned. I was on my way to a quiz when I saw her. My face froze, I lost the ability to speak English, and my stomach started churning. I knew it was love.

Her name was Missy Zehr. I know this because I looked at the score sheet from a quiz she competed in. I would see her every couple of months at these Quiz Meets, and each time I hated the fact that I lost neurological functioning when I saw her and simultaneously loved the fact that I still saw her. Oh, and in the many years that I did quizzing, I never worked up the courage to talk to her. Not even once.

Now, this may seem at first like a sad thing. I was really into this girl, right? After all that time I never got to know her. But why was it that I liked her again? Was it her laugh? Was it her happy go lucky sense of humour? For all I know, she may have had none of those things. I had a charming way of panicking and leaving whenever I saw her in a room, so I honestly don’t know. Realistically, I never liked Missy. I mean, how could I? I never even knew the girl. I had formed an idea of who she was in my mind and that was the thing that I liked.

My relationship with Missy was one where I purely objectified her, albeit in a different way than the way we are used to. Chances are, if I did work up the courage to talk to her, and we had ended up dating somehow, I wouldn’t have been happy with her. Not because she was a bad person, but because there is no way she could have fit the role I designed for her in my mind.

Real Missy could never and should never be like the way I imagined her. I had emotionally objectified her.

We all emotionally objectify people to some extent. A lot of people have an idea on what their dream partner looks like. Some

“An atmosphere of people looking for future spouses can be a dangerous place for this, especially as we descend into Valentine season chaos.”

people want someone mature, some people want someone loving, and some people want someone dangerous. The real problem arises when the role of partner comes before the actual partner. People often complain that their boyfriend/girlfriend stops “making them happy,” or that they are unsatisfied with the relationship. When someone has an expectation that they want you to fulfill, there is no way to fully satisfy them. If your partner wants to marry a happy person, then they will appreciate you more the happier you are, instead of appreciating you because you are you. If your partner wants to marry a mature person, then they might get impatient with you when you joke around or stop acting serious. Speaking as someone who has seen plenty of these types of relationships, you will never live up to their expectations; you will just disappoint them less.

In a place like Redeemer, a lot of us are looking for someone to pair-off with. An atmosphere of people looking for future spouses

can be a dangerous place for this, especially as we descend into Valentine season chaos. If someone is looking for the ideal boyfriend/girlfriend, and thinks you would be a good fit for that role, they are nonetheless choosing the role of boyfriend/girlfriend before you. You have been objectified emotionally and the person will expect you to give them the things that they expected out of that role. If someone wants a relationship, there is a reason that they do. It could be boredom, loneliness, insecurity, or any number of reasons. You are their way of getting that. Before you make a move on someone, ask yourself, “Why do I like them?” Do you primarily like the idea of being in a relationship, or are you legitimately fascinated by the person? If being in a relationship with them comes before they do, you will rarely be satisfied in the relationship.

If I love my wife/girlfriend, what matters to her should matter to me, specifically for the reason that it matters to her. What matters to me should matter to her for the same reason. This is the result of loving the person first. I used to really worry about the high divorce rate, so I went around asking all the happiest married couples I could find what they did right. The one thing I heard the most was that love was not merely an emotion, but a choice. When you stop feeling the sparkle in the relationship, were you in the relationship simply because you wanted that person to bring the sparkle? I’ve heard that usually 6 months after a relationship starts, the fuzzy feelings start to stop. What next? That depends on whether you are in the relationship because you chose the person, or chose the person because you wanted the relationship.

Redeemer by the Numbers

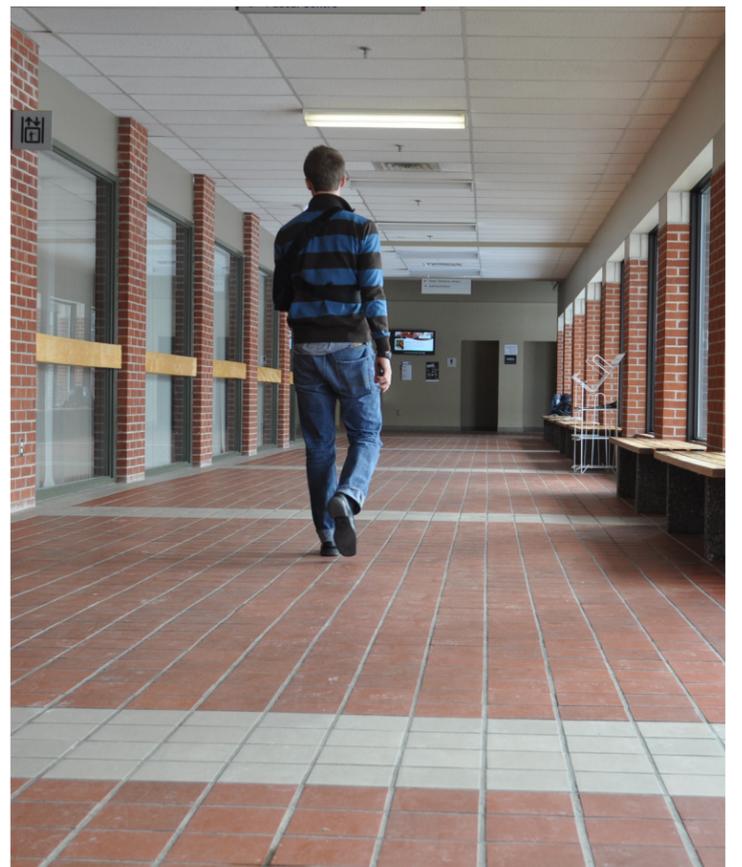
1 Number of Defibrillators on Campus

190 Number of Toilets

576 Number of Solar Panels

87,718 Number (approximate - I didn’t count them all!) of ceramic tiles in the halls of Redeemer

108,400 Number of kWh produced as of Sat Feb 2



Chaplain's Corner



ROBB POWELL

GRACE AND EFFORT

1 Corinthians 15:10

But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me.

As a young pastor, I was approached by older congregants who let me know that when I said the Christian life involved 'effort', that they felt that I did not understand the 'Grace Message'. They looked at me reproachfully as some sort of 'legalist', and suggested that perhaps, someday, I might see the light, as they. In response, I spent a considerable amount of time trying to understand what this 'Grace Message' might be, only to conclude that it involved separating "Grace" from

"Truth", lifting the word out of any context it might find itself in scripture, and simply making it a synonym of "permission".

This isn't the only time I encountered imbalanced teaching on grace. It has been a recurring theme....as it was in the generation of Dietrich Bonhoeffer

Cheap grace is the grace we bestow on ourselves. Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession.... Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate."

— Dietrich Bonhoeffer, *The Cost of Discipleship*

A rule of thumb in Biblical study

is to allow the context of the word to inform what it means in that context. Given that, let's consider what the apostle is saying, here, in our quoted scripture (1 Cor 15:10), which is representative of several other texts.

But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me.

- He owes who He is to grace. He is what he is, by grace.
- This grace is effectual.
- It caused him to work harder than everyone.
- In fact, he would not even say that it was he that worked, but instead the grace of God that was with him.

Let's be clear. Effort can never produce grace. Grace is not contingent upon my effort. However, my effort is a consequence of grace. Grace makes effort possible.

Why do I write this?

Well, by nature we tend to spiritual passivity. You know we do. If we are honest, we know it is an ongoing battle. If we have a view of grace that justifies our passivity, we are dead in the water. Any view of grace that leads to spiritual passivity needs to be challenged. We need a robust view of His grace which is "not without effect". This is grace that transforms and empowers. It is grace that releases and enables us to do what we could otherwise never do. This is God's grace.

Two Minutes Left in the Second

BRANDON RICHARDSON

There was about 3:15 left in the second period when I heard yells from the crowd. Just before this, the goal keeper had made a great save and I had followed the players heading towards the opposite goaltender at the other end of the ice. As I did so I joined in the fascination of the crowd at the play unfolding.

I was drawn into watching how the players charged to the net after the loose puck. Was it loose? Or was it free? Or ... I blew my whistle and the play went dead. I heard the yells. Around 3:15 left in the second period. As I looked up I could see the relief on the faces of the home team and anger on the faces of the visiting team; but both were confused. I realized that, in the span of a second, I have whistled down a play in which the goalie had not actually covered the puck; a clear opportunity was taken from the visiting team.

As I drop the puck in the home team's zone I try to ignore the yelling from coaches and fans focusing once again. I bring myself to half-piston (at the hash marks nearest to the boards) and follow the play to the visiting team's blue line. The pace of the game increases as the home team almost scores; the crowd is ecstatic. The visiting goalie makes a game-saving stop, his team heads the other way, down the ice, on a two on one.

Too caught up in the action at the other end I almost forget that I must follow the play into the home team's end. I allow the visiting team to cross the blue line with what could have been called an offside, my head spins. I begin to wonder to myself, why have I been caught up watching and not reffing this game? Again I hear yells from the crowd.

I can tell at the opposite side of the ice my referee partner is somewhat agitated with the calls I have made (or lack thereof) but will be too polite to say anything. As the home goalie makes a save off of the offside play I just al-

lowed, I blow the whistle. More yelling! Again! I have stopped the play when the goalie hasn't fully covered the puck. It's about 2:30 left in the second period and yelling continues from the stands. Someone screams in amazement at how I even became a certified referee.

It is at this moment that I am tempted to just count the game as a write off and do better next game, or even try to pick myself up between periods. Normally during games I don't hear the crowd but during this game they are louder than my own thoughts. I can't focus on the game at all.

These types of events are very familiar to referees. Almost every official will tell you they have had a bad game and have made some awful calls. I've already begun justifying my poor performance. While I am being yelled at by the crowd, it is very tempting to shut down for the remainder of the game. Although, as I begin to wake up, I realize that it is my obligation to finish the game and put my best effort forward. I must now give up what has happened in the first two periods and begin refereeing better in the third.

While these thoughts are running through my head, there is only two minutes left in the second period. I then ask myself, "Why would I wait until the third period to wake up and get myself out of this slump? I could make an even larger mistake in my apathy over the next two minutes."

As human beings, we have this weird tendency to put things off. I don't just mean in the way of procrastination with chores or homework but also the putting off of life. I can see it in my own daily walk and in the lives of those around me. People allow negativity; judgment, and things that have been negatively spoken over their lives hold them back from what God has for them now. People allow curses that spew from the mouths of people around them to hold them back. There are also

times that good people unintentionally hinder us with their doubt from the direction we believe we need to go.

There are spoken words and curses that continue to press in all around us and sometimes these words make us feel completely helpless. These words can quite often seem too large to handle or not worth the extra effort to get past. Plans and dreams can be placed on back burners because we feel it's easier to wait out our situation due to difficulty or because of what people are saying. Strength from others may not be received, because it hasn't been given.

As we tune into the negativity, curses, and lies that the world throws at us, they become heavy. Voices that say we are too weak, young, and insignificant, and that say our past is too horrid become real in our situation and dreams. If we are to make a change we must act in a direction past these voices.

Change may not seem worth it; the crowd has already seen a full game and knows the quality of your refereeing. The change isn't worth it now. No matter how well you do in the third, the crowd won't change their mind on how they view your quality, your position, or value to the game. The crowd knows you are young and that gives them automatic insight into the fact that you aren't quite as good as the veterans. Their voices impact you and you may have to wait before you become a great ref. You may as well wait until the next game to do anything because it is evident that the crowd is not going to forgive you any time soon.

The question now becomes, "Who are you refereeing for?" The crowd that has been distracting, discouraging, and deflating to you? Or the players, who are the very reason you are on the ice in the first place?

It is time that some of us begin to rebuke the enemy and the chains

that have been binding us and get our heads back in the game. It is time that we begin searching and listening for something. Someone, who is greater than the voices. The crowd isn't about to stop yelling any time soon. The crowd has voiced their opinion and even when you're reffing a good game they will be there to tell you you're not. It is time we remember that this game is not about them. It's about the players and the one who

set the play in motion and continues to oversee; this is the reason you are out here in the first place.

It's not about the enemy or the negativity; they're on the sideline for a reason. This life is about God, the only reason you're on the ice at all and the very reason you are able to continue on and make a decision before the second period ends.



Contributed Image

Out of the Blue

KATHERINE PELLETIER

Since February is generally associated with “the blues” and depression and moping about, I thought I’d write a little something to chew on while we’re all huddled indoors waiting for winter to blow over and our joints to thaw.

Why are we depressed? We’ve been told that due to the short winter days we’re lacking vitamin D, the vitamin that we usually get from exposure to the sun, which enables calcium to be absorbed into the body to help maintain healthy bones and organs. Without an adequate level of vitamin D, we’re going to feel run-down and miserable. Also, Ontario is very cold. I am from BC and not a day goes by when I don’t cry out in angry protest against the elements. Ask my housemates... they’re sick of it.

These two physical reasons for the winter gloominess contribute heavily to the other areas of wellness. When we’re snowed into our homes feeling chilled and lethargic, we aren’t being social. Neither (let’s be honest) do we want to pursue our schoolwork and develop our intellects. Our bodies are sending out signals about self-preservation, and we just don’t have the time or energy to deal with brain activity. And

now we find ourselves in the middle of February under a pile of blankets. We haven’t seen anyone in weeks. Our grades, we’re sure, are dropping. And we’ve caught the cold that people have been sneezing at us. This is the part at which our emotions become involved. Several Kleenex boxes later, we still don’t know how we’re going to make it to the end of the term.

However, there is also the spiritual aspect of our lives. As Christians, we believe that no matter what the circumstances, God will help us. This faith runs deeper than our physical or emotional distress and buoys us up.

I find that it’s easy to forget about God’s providence when things are going well. Lounging about on the balcony this past fall when the weather was fine and my skin was bronzed, I had nothing to worry about. I had everything in control. I could bike to school, pay attention in class, get homework done so that I could hang out with friends, all because I felt good physically. But as Ontario became increasingly colder and I could feel my body reacting to the change in temperature, I felt like I was losing this control. Here was a bigger force which was physically keeping me from being as active, and consequently I’m shivering under three layers



Contributed Image

of fleece trying to type out a few words of solace.

The delightful performance of South Pacific this past weekend reminded me of summers past. The beach! Forget who’s on it, I’d love to be soaking in some sunshine and whistling a carefree tune. But the play also brought

the harsh reality of the Ontario winter to mind again as I scarfed and gloved my way out of the theatre. It got me thinking about how weak I was against the elements.

There is Someone Else who has everything in control and it’s hard to see this when the sun is

shining. Maybe God gives us the winter and February in order for us to see Him. In our weakness, we turn to the Son for warmth.

Confession in the Catholic Church

ANTHONY RAMUSCAK

“Confession,” or as it is properly called in the view of the Roman Catholic Church, “the Sacrament of Penance” or “the Sacrament of Reconciliation” is fitting to write on at this time to prepare our hearts for the Holy Season of Lent. It is my personal prayer that in reading the following article, the Holy Spirit will shine light on your heart and help you to make an examination of conscience. As we accompany Christ in the desert, may we be strengthened to follow Him wherever He leads us.

What is Confession?

Confession is a Sacrament instituted by Christ, through His mercy and love, to His children. Through Confession we are given the forgiveness of the Father, filled with the love of Christ for offenses we have selfishly committed and the hurt we have caused God, ourselves, and those dear to us. To be clear, this authority was given to Jesus’ disciples found in John 20:23. They were the first priests Christ ordained on Pentecost by the Holy Spirit and, 2,000 years later, the Holy Mother Church keeps this authority passed down by Christ to His disciples and to our ordained priests today. Thus, Christ is waiting with open arms to forgive our sins if we are sincerely repentant. In the Catholic Church we embrace the

Sacraments of God’s love, visible signs. These signs are to lead us in deeper worship (as symbols of grace and recognizable gestures aid us to a contemplative state in receiving the gifts of the Lord). We see this in Acts 8:17, specifically through the Sacrament of Penance, in which the forgiveness of sins and the restoration of grace are the gifts received by signs, that of laying on of hands and the words of absolution given by the priest.

What is sin?

According to the Catechism of the Catholic Church, sin “is an offense against God as well as a fault against reason, truth and right conscience. Sin is a deliberate thought, word, deed, or omission contrary to the eternal law of God.” Throughout history sin has been the constant struggle humans have faced since the fall of Adam and Eve. Temptation is an invitation to sin. There are many different factors in play as well, but ultimately the moral conscience of man become clouded. There are two different categories of sin: mortal and venial sin. The Catechism of the Catholic Church describes mortal sin: “For a sin to be mortal, three conditions must be met: Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent.” The Catechism also describes venial sin: “One commits venial sin when, in a less seri-

ous matter, he does not observe the standard prescribed by the moral law, or when he disobeys the moral law in a grave matter, but without full knowledge or without complete consent. Venial sin weakens charity; it manifests a disordered affection for created goods; it impedes the soul’s progress in the exercise of virtues and practice of moral good; it merits temporal punishment. Deliberate and unrepented venial sin disposes us little by little to commit mortal sin. However venial sin does not set us in direct opposition to the will and friendship of God; it does not break the covenant with God. With God’s grace it is humanly reparable. “Venial sin does not deprive the sinner of sanctifying grace, friendship with God, charity, and consequently eternal happiness.” We must seek the Sacrament of Penance for all sin to be sure. Mortal sin must be confessed to a priest; venial sin, is absolvable by the prayers of Holy Mass.

Why is Confession necessary?

There is not a day that goes by that we do not commit a sin; therefore, we need this Sacrament of God’s grace. It is when we are sober and know that we have offended God, our heavenly Father, and as His children we want to make things right again. God is not in need of our love, but He is deserving of it. Christ Himself entrusted this gift to

His Church, that is, the power of absolution to the apostolic ministry as a sure and certain way to know that our sins are forgiven. As the Catechism of the Catholic Church says, “In imparting to his apostles his own power to forgive sins the Lord also gives them the authority to reconcile sinners with the Church.” To be clear, Christians can confess their sins to God in prayer, sincerely repent, and trust in God’s mercy that He has forgiven them (as we read in 1 John 1:9). However, Christ established this gift of love and mercy; He gave this authority to His disciples for a reason. Our human nature seeks assurance. A child in school is reassured by their teacher that he or she is doing a good job and so the student strives to continue to do a good job. Confession is just that; it is the visible manifestation of God’s mercy that reassures us that indeed we are forgiven. To receive the Sacrament and hear the priest say, “Your sins are forgiven,” is both beautiful and comforting.

What is the source of the forgiveness of our sins?

Jesus Christ; it is by His passion and death that we have been rescued from the grip of Satan. It is in Christ’s resurrection that we have been saved and given life eternal. We have been baptized into the family of Christ and therefore bear the name of Christ on our foreheads.

How is the Church able to forgive sins?

The Holy Mother Church professes “the forgiveness of sins” in the Creeds and firmly acknowledges that only God forgives sins. Christ has washed away our sins by shedding His Blood on the Cross. It was after Christ’s resurrection that He granted the power and authority to the Church for the redemption of the Cross, which is the forgiveness of sins. The Catechism of the Catholic Church tells us, “It was when he [Jesus Christ] gave the Holy Spirit to his apostles that the risen Christ conferred on them his own divine power to forgive sins: ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.’” Therefore, we are able to bring our sins to the Church, trusting in the power and authority of Jesus Christ (the ability to forgive sins and reconcile the repented person with God) that was bestowed upon His apostles and, through them, to all ordained priests today. Jesus told St. Peter, “I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.” This power is infused in the Sacrament of Penance.

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