

# Diocese of Cleveland CYO

## Spring Coach's Meeting

*Giving the Very Best of Yourself!*

General



# Opening Prayer

**Leader: In the name of the Father, Son and of the Holy Spirit, Amen.**

## **A reading from the Gospel of Mark**

Jesus summoned them and said to them, "You know that those who are recognized as rulers over the Gentiles lord it over them, and their great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

**ALL:**

**Thank you for God for this mission of helping young people to know you, love you and serve you as a CYO Coach.**

**God, Give me the skills I need to help all the players on my team grow and develop! Help me to respect, encourage and celebrate every player on my team so they know I believe in them. When I set an example of dignity and respect for everyone on my team, I show them how to KNOW you!**

**Help me to teach that our team is about Faith, community, relationships and friendships! When I do this, I show my team how to LOVE you!**

**Sharpen my ability to see the "God Sightings" and hand out Crosses to my athletes when they make a sacrifice, show kindness or encourage their teammates. When I do this I show my team how to SERVE you!**

**Amen!**



***CYO inspires young people to know God, to love God, and to serve God through athletics.***



**Diocese of Cleveland CYO**

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**Commissioners**

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## **SPRING COACH'S MEETING GENERAL SESSION**

1. Welcome, Prayer, Introductions
2. Goals for tonight
3. CYO is about the Growth and Development of young people over winning
4. CYO Cross Initiative
5. The Different Roles in Youth Athletics
6. Communication Plan
7. What If...
8. Keeping the Prayer alive at your practices
9. Incident Reporting
10. Code of Conduct
11. Requirements for New Coaches
12. Website
13. Long Term Athlete Development
14. Breakout locations – Move to Breakouts



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# Hello from CYO Athletics



3/6/26

Dear Athletic Directors and Coaches,

Beginning with our upcoming Spring Coaches Mtgs on March 10 and March 18 we will be using the following schedule:

- 6:00 - 6:30 pm - Welcome, Prayer, Introductions, CYO Mission and Important information to Know
- 6:40 - 7:00 pm - Breakouts - Sports Specific content - Rule changes and Review by CYO Staff member
- 7:00 - 8:00 pm - Continuing Ed/Clinics for all grades 1-8 – Guest High School Coaches or Presenters
- 7:58 - 8:00 pm - Closing Prayer in Breakout

- This new model is a required coaches meeting for everyone in grades 1-8 from 6-8pm.
- This coach's meeting also meets the 7<sup>th</sup> and 8<sup>th</sup> grade re-certification/continuing education requirement for Volleyball, Cheer, Cross Country, Basketball and Track. Previously it was two separate nights. So make sure you **turn in your yellow card as this confirms your required attendance for Continuing Ed/Clinic tonight.**
- Football Re-certification including 4th grade padded flag, 5th and 6th grade rookie tackle and 7th and 8th grade tackle will still continue at the Browns Stadium in the summer.
- We are bringing in experienced/quality coaches for these Continuing Education/Clinics to help you prepare for a successful season ahead so we want all coaches grades 1-8 there!
- If you know of a great coach for one of our Continuing Ed/Clinics, please let us know.
- The last 15 minutes of each session will be open for your questions.

Sincerely,  
CYO Athletic Staff



**CYO is about the growth and development of young people over winning!**

Video – USA Goalie – Connor Hellebuyck

What does this mean in Track, Volleyball and Baseball?

What makes CYO different/special from other Sports Programs?

Cross Initiative... What is it...

## 2025-26 Cross Initiative – CYO Champions for this life and the Next! June 4, 2025

**What is the Cross Initiative?** In 2023 we were trying to find a practical way to help live out our CYO mission of inspiring young people to know God, Love God and Serve God through CYO athletics. As Catholic Christians we understood that a central teaching of our faith is the Cross so we implemented the “**CYO Cross Initiative**” to bring our CYO Mission to life!



**How does it work?** We are asking all coaches this year to give a cross to each athlete on your team when you see a sacrifice made, an act of kindness or a moment of gratitude shared by an athlete! You choose when and how you give the crosses! After a game when you huddle up your team... during practice if that time is better. You pick the time and the moment... even a player or athlete from another team. Your Assistant Coach could help with this also...

**We call these moments “God Sightings.”** It is paramount to recognize these “God Sightings” as they build faith, character, and the dignity of each young person in CYO.



**What is a God Sighting?** It is when we recognize the Love of God through a sacrifice made, an act of kindness given or a moment of gratitude shared by an athlete. God sightings happen at every event... We need to see and recognize them! Call these God sightings out and name them for your athletes. They need to know these God sightings are so important and that is why we are giving a cross when we see them...

**Examples:**

Jesus made a sacrifice for you and me. Today I would like to give this cross to Lisa for making a sacrifice by setting a great pic that allowed Jenny to make the winning basket.

I am grateful for what Jesus did for us. Today I would like to give this cross to Zach as I am grateful for his leadership when he took his little brother by the hand to the concession stand after the game.

**Small acts of Sacrifice** – An athlete holding the door open... carrying in a little sister... spending time with a little sib after the game and walking with them to the concession stand... helping Grandma into the gym... thanking grandparents for coming to the game... congratulating an opposing player from the other team. These little moments happen at every game, we simply need to recognize them and be awake to these moments.



Give the CYO Cross to one of your players today and say the following.

We are grateful for what Jesus did for us!  
I am grateful for \_\_\_\_\_  
because he or she \_\_\_\_\_.



Give the CYO Cross to one of your players today and say the following.

Jesus made a sacrifice for you and me.  
Thank you \_\_\_\_\_ for making a  
sacrifice today by \_\_\_\_\_.

**Small acts of Gratitude:** Thanks for being positive. Thanks for being on time... for trying a new drill even though it was challenging for you...for giving 100%... For listening during practice... for remembering the play...for helping a teammate get in the right position. For encouraging a teammate when they made a mistake... for helping another player up off the floor.



Remember to include: 1.) Jesus 2.) A sacrifice, a moment of gratitude or a kindness shared 3.) the specific act they did.

These moments teach our youth the values of sacrifice, kindness, and gratitude – and we need these skills in life and more of that today! It is fast – 1-2 minutes, you have the template, and it comes from you, their Coach!

We are giving the most powerful take home gift we could ever give – The Cross!

**What does this have to do with my faith?** Jesus made a sacrifice for you and me! When we make a sacrifice for others, we are doing what Jesus taught us to do by loving our neighbors as ourselves! Through sacrifice, kindness, and gratitude we are all Champions! Champions of Faith and there is no greater Champion than that!

## New this year! “Pay it forward” Crosses for Parents and Officials

**Our athletes will give a Cross to their parents on Parents Weekend telling their parents why they are grateful for them! We will also give Crosses to Officials at Officials weekend! Details at Coaches Meetings.**

We love to get pictures at the CYO Office! Have someone take a picture of you giving a cross to your athletes or an athlete giving a Cross to their parents. They tell us your story, make us smile and build what our CYO community is all about! Please send your pictures to [Noelia.Speringo@ccdacle.org](mailto:Noelia.Speringo@ccdacle.org).



# THE DIFFERENT ROLES IN YOUTH ATHLETICS

## COACHES

- † TREATS EVERYONE WITH DIGNITY
- † RESPECTS THE GAME
- † PLAYS ALL PLAYERS EQUALLY
- † TEACHES ALL PLAYERS WITHOUT FAVORITISM
- † CREATES A TRUST ENVIRONMENT
- † DISCIPLINES THOSE WHO ARE DISRESPECTFUL
- † TEACHES POSITIVELY WITHOUT CRITICIZING
- † NEVER LEAVES ANY PLAYER OUTSIDE A HUDDLE
- † TURNS EVERY MOMENT INTO A TEACHING MOMENT
- † TELLS EVERY PLAYER AFTER THE GAME "GOOD EFFORT."

## PLAYERS

- † TREATS EVERYONE WITH DIGNITY
- † HANDS THE BALL TO THE OFFICIALS
- † LENDS A HAND TO A FALLEN PLAYER
- † RESPECTS THE GAME
- † APPLAUD PLAYERS AND OPPONENTS AFTER A GOOD PLAY
- † LISTENS ATTENTIVELY TO THEIR COACHES
- † ENCOURAGES OTHERS TO KEEP TRYING AFTER A BAD PLAY
- † TAKES PRIDE IN THEIR ACTIONS, THEIR WORDS, THEIR PERFORMANCE
- † HELPS TEAMMATES BECOME BETTER PLAYERS, BETTER CATHOLICS

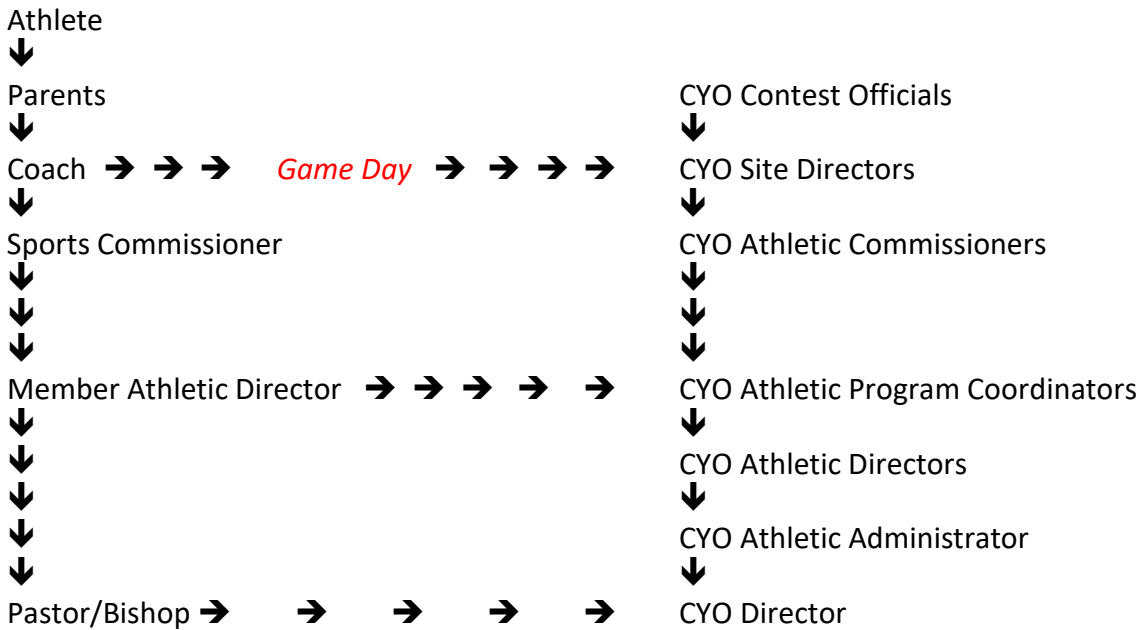
## SPECTATORS

- † PROVIDES MOTIVATION AND ENCOURAGEMENT TO PLAYERS & COACHES
- † PROMOTING SPORTSMANSHIP IN THE FOLLOWING WAYS
- † APPLAUD GREAT PLAY – EVEN FROM THE OPPOSING TEAM
- † BE MINDFUL WITH SOCIAL MEDIA
- † BE ROLE MODELS FOR YOUNGER FANS
- † CELEBRATE CHARACTER, NOT JUST WINS

# MEMBERSHIP COMMUNICATION PLAN

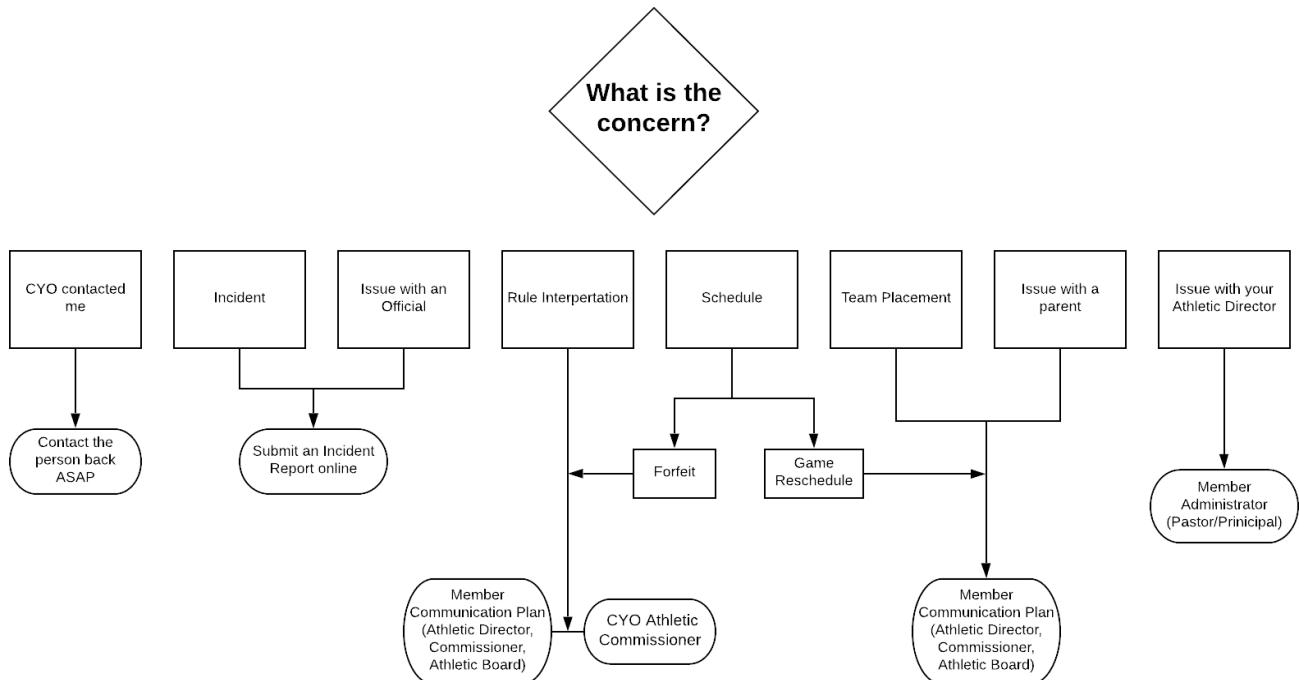
## CYO Member Internal Communication

## CYO Administration External Communication



Note the internal and external lines of communication. The situation will determine which line of communication the coach uses.

## HOW TO COMMUNICATE TO CYO AS A COACH



## WHAT IF...

- **What if...You don't have enough players to start a game?**
  - + ***If you don't have enough players to start a game, did you contact your AD to use a Guest Player? If so, then follow the Guest Play protocols. If you need to forfeit, contact your AD. Your AD will contact CYO. CYO will cancel the officials, inform the site staff that your team is not coming and notify your opponent. Do not contact the other team. CYO will officially cancel the game. Check your sports specific rules for the minimum number you can start with. There are no Guest Players in track & field.***
- **What if ...I forgot my credentials?**
  - + ***If you do not have your credentials, you will not be able to coach. Credentials validate that a coach has completed all of the Diocesan requirements to volunteer.***
- **What if... My game is canceled due to inclement weather?**
  - + ***If your game is canceled, go to the scheduler page and look for the bulletin on the main page. It will list the games canceled that day.***
- **What if ...A coach calls me to reschedule my game?**
  - + ***CYO officially cancels all games. Contact your AD if this happens.***
- **What if... A Sanction Event asks to play at 8:30pm?**
  - + ***Contact your AD. Your AD will contact CYO. If you play in a game that violates the time limitations, your privileges into the CYO tournament may be revoked. See the CYO rules for more information on the time limitations.***
- **What if...I need to forfeit my game?**
  - + ***Contact your AD. For forfeits, Monday through Thursday, the AD must send an email to the CYO Administration. For volleyball contact, Ann Danuloff, Lacrosse, Mark Cuccia, Baseball, Softball and Coach-Pitch, Dave Stefanski. There are no forfeits in track & field. For forfeits Fridays, Saturdays or Sundays, the AD must call the forfeit line. See Athletic Staff - page 6***
- **What if... I see something inappropriate?**
  - + ***Always do the right thing! Contact the site director at a game and your AD if it occurs at a practice Sanctioned Event or game and report what you observed.***



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## Keeping Prayer alive at your practices!

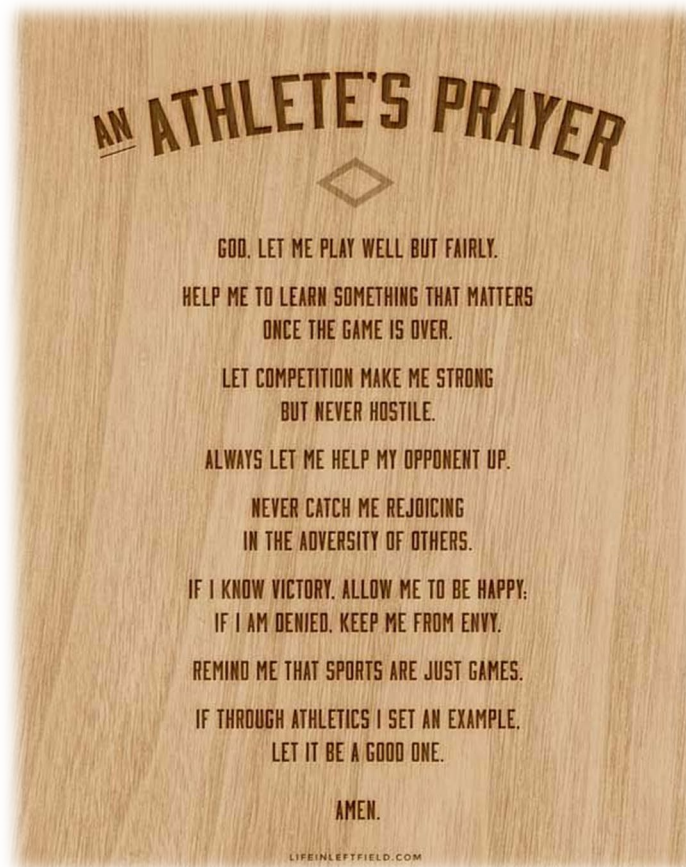
How can you incorporate prayer at the beginning or end of your practice?

Can you assign a player to bring a prayer each practice and let them read it to the team?

Ask the team questions about the prayer, “What does that mean to you?” “What is one take away from the prayer?”

End each practice by asking a couple athletes about what they learned today.

The back and forth between coaches & players is an integral part of development and keeping the young person engaged.





# INCIDENT MANAGEMENT PROCESS



**Report an Incident**  
SUBMIT GAME/PRACTICE INCIDENT



## Report Incident Online



- All incidents must be reported in writing using the online form on our CYO website.

## Review submitted Incident Reports



- CYO Membership & Communication Coordinator (MCC) reviews submitted Incident reports.

## Email Communication



- MCC emails person who submitted report and copies Member AD.
- MCC emails all Member AD's involved.

## Member Response



- Important: MCC sends separate email to Member AD requesting a response within 24 hours.
- After receiving Member AD responses, incident assigned to CYO staff to investigate.

## Staff Follow up and Resolution



- CYO Athletic Staff investigates and determines proper course of action.
- Staff informs involved parties of final decisions regarding the incident.
- Staff logs incident results into the Master Incident Log to track for patterns.

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# INCIDENT REPORT TYPES

- Behavior/Misconduct
- Player, Coach, Fan Ejection
- Incident with Officials
- Injury or Concussion Protocol
- EMS Call to Site,
- Police Called to Site
- Media Involvement
- Facility related

1. Is this an emergency requiring immediate action? What? By Whom?
2. What happened? (write down without judging)
3. What is the context and where and with whom does it belong: Parish? Athletic Director? CYO Administration?
4. Has the issue been communicated directly to the correct parties?
5. What does the CYO Charter and Bylaws, and sport specific rules say?
6. What is the right thing to do morally, ethically, and legally?
7. How does our Catholic teaching, mission and values apply?

# **BYLAW 9 - CODE OF CONDUCT (New – Fall 2025)**

## **3-2-1**

9-1-5

C. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

D. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

E. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

F. In order to be reinstated, athletes, coaches, parents and fans must:

1. complete their suspension period,
2. meet with Member Administrator and request a letter of reinstatement,
3. complete online code of conduct session and worksheet,
4. get final approval by CYO Administration.

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# REQUIREMENTS FOR A NEW COACH

## IF YOU ARE A NEW COACH, YOU MUST...

- **Attend a Coaches Development Program (CDP)**
  - Registration on CYO Website, under Coaches

## UPCOMING SESSION

DATE	TIME	LOCATION	CAPACITY
Sat., March 21	9:00am-12:00pm	St. Ambrose Gym - 929 Pearl Rd., Brunswick	150

- **Attend VIRTUS or an approved abuse prevention program**
- **Read and acknowledge the following policies**
  - Diocese of Cleveland [Policy for the Safety of Children in Matters of Sexual Abuse](#)
  - Diocese of Cleveland [Standards of Conduct for Ministry](#)
- **Obtain a background check.**
- **Complete the Concussion Awareness Course**

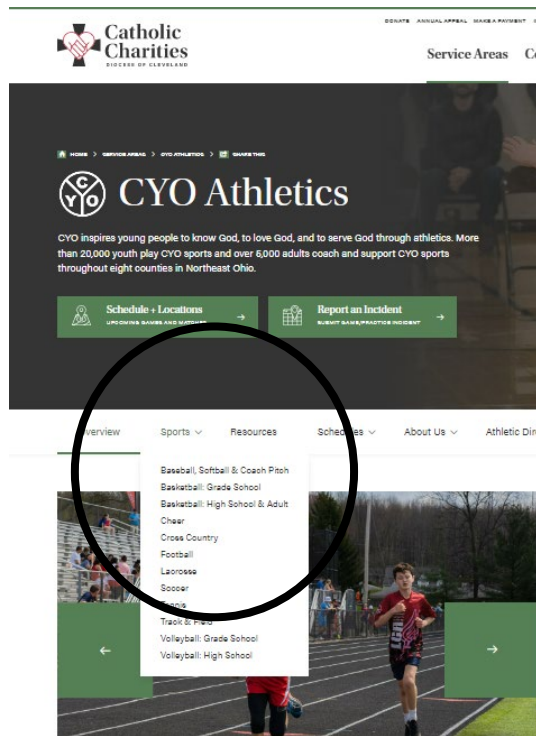
This must be renewed every three years. View our [Concussion Awareness Course page](#) for more information on the program.
- **Complete Sudden Cardiac Arrest (SCA) training**

View the [SCAT video](#) now and [download the information sheet](#)



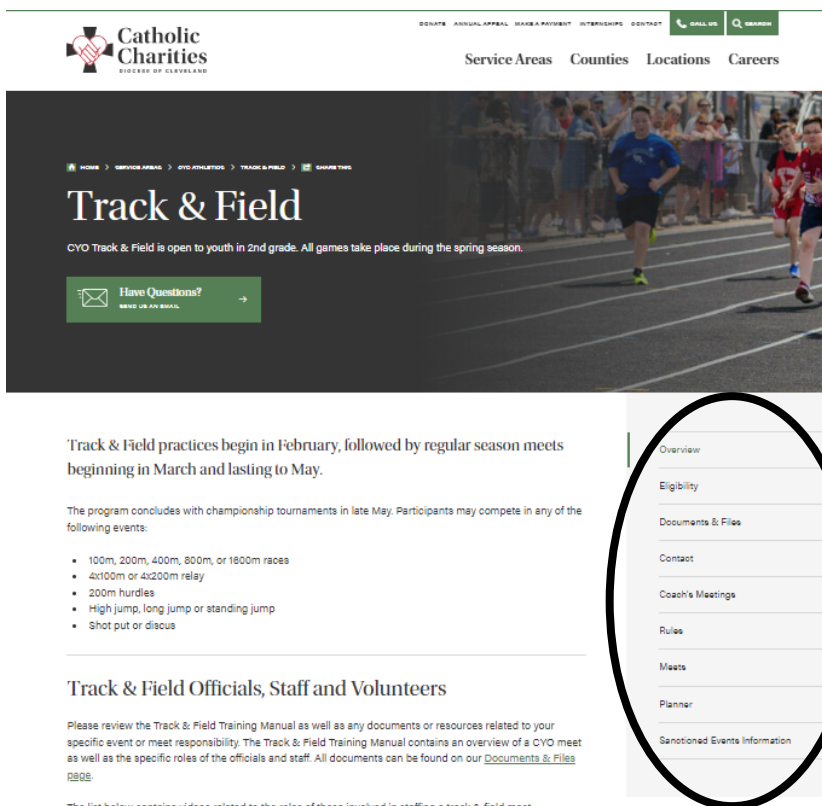
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# CYO WEBSITE NAVIGATION (DESKTOP)



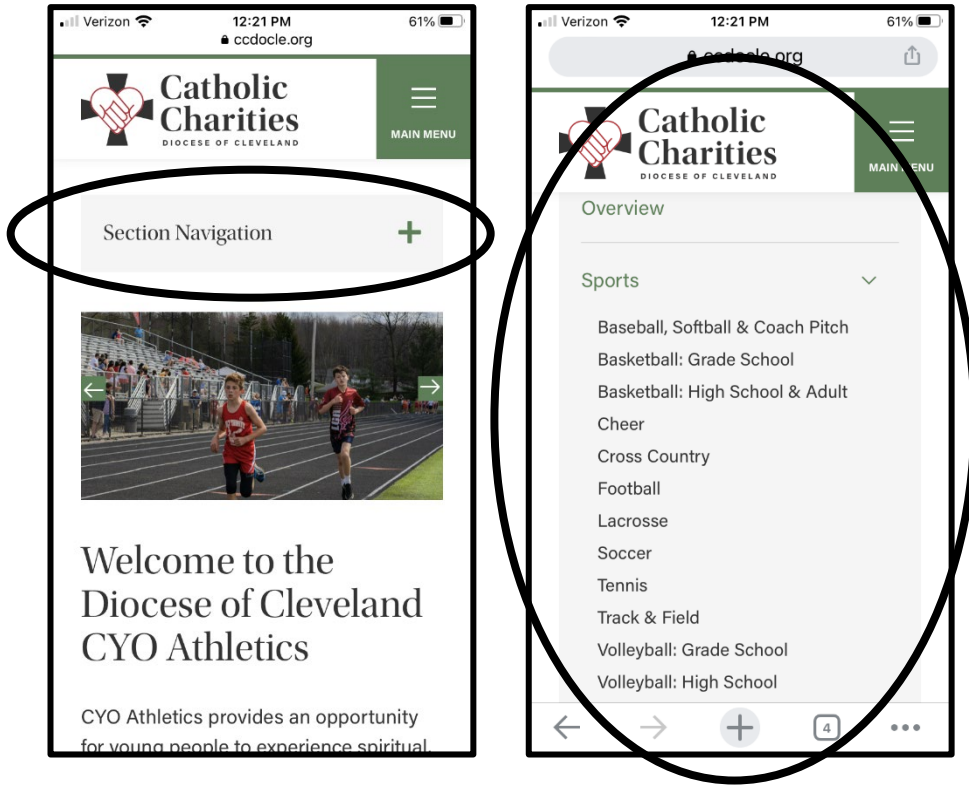
Find information for your sport on the Sports Specific page under Sports or at the bottom of the page.

The sidebar will take you to more specifics, such as the Planner or Rules

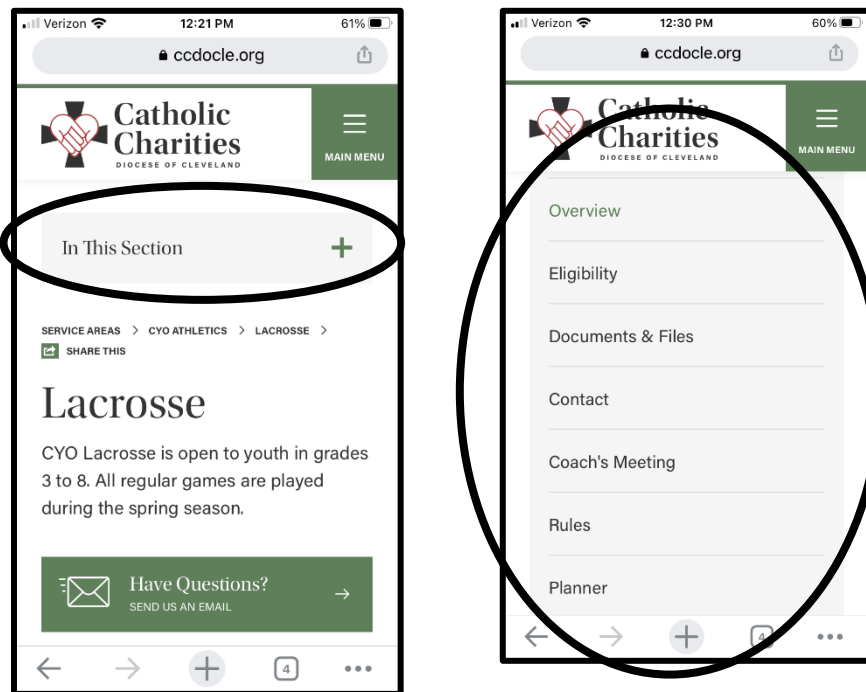


# CYO WEBSITE NAVIGATION (MOBILE)

Use Section Navigation to find your Sport



“In This Section” will display the items listed in the sidebar on the Desktop





# Long-Term Athlete Development



## An Outline of LTAD

A physiological framework that proposes what youth athletes need to be doing at specific ages and stages in their development.

## The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

### FUNDamentals Stage

Males 6-9 (3<sup>rd</sup> & 4<sup>th</sup> Grade)  
Females 6-8 (3<sup>rd</sup> grade)

Overall movement skills  
FUN and participation  
General, overall development  
Integrated mental, cognitive, and emotional development  
ABC's of Athleticism: agility, balance, coordination and speed  
Introduce simple rules of ethics in sport  
Daily Physical Activity

### Learn to Train Stage

Males 9-12 (4<sup>th</sup> -7<sup>th</sup> Grade)  
Females 8-11 (3<sup>rd</sup> - 6<sup>th</sup> Grade)

Overall sports skills development  
Major skill learning stage: all basic sports skills should be learned before entering next stage  
Integrated mental, cognitive, and emotional development  
Introduction to mental preparation  
Talent identification  
Sport specific training 3 time a week; participation is other sports 3 times a week

### Train to Train Stage

Males 12-16 (7<sup>th</sup> & 8<sup>th</sup> Grade)  
Females 11-15 (6<sup>th</sup> - 8<sup>th</sup> Grade)

"Building the engine"  
Establish an aerobic base  
Establish pre-competition, competition, and post-competition routines  
Develop speed and strength toward the end of the stage  
Further consolidate their basic sport-specific skills and tactics  
Learn to cope with the physical and mental challenges of competition

## The Long Term Athlete Development Model – Late Specialization Sports



WHERE	LEADERS	TRAINING	COMPETITION
Home; Day care; Sport programs; Pre-schools; Community recreation;	Parents; Pre-school & Kindergarten teachers; Day care providers;	None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;	None
Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Unstructured & structured play; short seasons; multiple activities; overall movement skills & development of athleticism;	Minimal; local area; modified formats; informal; all activity is FUN based;
Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Regular practice; seasonal activities; multiple sports; overall sport skills development;	Occasional; local area; modified format; informal and formal; 70% training to 30% competition;
Schools; Community recreation; Sport programs; Sport clubs;	Teachers; Recreation leaders; Volunteer & professional coaches;	Regular structured practice; seasonal activities; more than one sport; sport-specific skill development;	Regular; local to provincial/regional; 60% training to 40% competition;
Schools; Post-secondary institutions; Sport programs; Sport clubs;	Teachers; Volunteer & professional coaches; sport science, medicine, & nutrition consultants;	Regular structured practice; planned & periodized schedule; focused on one sport; sport & position specific physical, technical & tactical training;	Regular; provincial to national/international; 40% training to 60% actual competition and competition specific training;
Post-secondary institutions; Sport clubs; Training centres; Professional sport;	Professional coaches; Integrated support teams;	Regular structured practice; planned and periodized schedule; focused on one sport;	Selective; planned; national/international; 25% training to 75% actual competition and competition specific training;
Community recreation; Sport programs; Sport clubs;	N/A	N/A	N/A

Home;  
Day care;  
Sport programs;  
Pre-schools;  
Community recreation;

Parents;  
Pre-school &  
Kindergarten teachers;  
Day care providers;

None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;

None

Schools;  
Community recreation;  
Sport programs;  
Sport clubs;  
Home;

Parents;  
Teachers;  
Recreation leaders;  
Volunteer coaches (mainly);

Unstructured & structured play; short seasons; multiple activities; overall movement skills & development of athleticism;

Minimal; local area; modified formats; informal; all activity is FUN based;

Schools;  
Community recreation;  
Sport programs;  
Sport clubs;  
Home;

Parents;  
Teachers;  
Recreation leaders;  
Volunteer coaches (mainly);

Regular practice; seasonal activities; multiple sports; overall sport skills development;

Occasional; local area; modified format; informal and formal;  
70% training to 30% competition;

Schools;  
Community recreation;  
Sport programs;  
Sport clubs;

Teachers;  
Recreation leaders;  
Volunteer & professional coaches;

Regular structured practice; seasonal activities; more than one sport; sport-specific skill development;

Regular; local to provincial/regional;  
60% training to 40% competition;

Schools;  
Post-secondary institutions;  
Sport programs;  
Sport clubs;

Teachers;  
Volunteer & professional coaches;  
sport science, medicine, & nutrition consultants;

Regular structured practice; planned & periodized schedule; focused on one sport; sport & position specific physical, technical & tactical training;

Regular; provincial to national/international;  
40% training to 60% actual competition and competition specific training;

Post-secondary institutions;  
Sport clubs;  
Training centres;  
Professional sport;

Professional coaches;  
Integrated support teams;

Regular structured practice; planned and periodized schedule; focused on one sport;

Selective; planned;  
national/international; 25% training to 75% actual competition and competition specific training;

Community recreation;  
Sport programs;  
Sport clubs;

N/A

N/A

N/A

Each sport must develop its unique training/competition structure.

Each individual will have their own unique progression (needs) within the broad structure above.

Early specialization sports include artistic and acrobatic sports such as gymnastics, diving, and figure skating. These differ from late specialization sports in that very complex skills are learned before physical maturation since they cannot be fully mastered if taught after maturation. Most other sports are late specialization sports.

# Top 10 Benefits of Multi-sport Participation

1. Greater overall athleticism
2. Improved foundational motor skills and transferable skills
3. Lower chance of drop-out
4. Increased fun and enjoyment
5. Wider circle of social relationships
6. Reduced chance of overuse injuries
7. Longer sport career and involvement
8. Promotion of life-long physical activity skills
9. Greater intrinsic motivation
10. Opportunity to learn new sports



# Closing Prayer in Breakouts

Read together

## Peace prayer of St. Francis of Assisi

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life. Amen