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# THE NORTHSTAR CHRONICLE

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## Guarding Your Heart

Bible study by Kate Fersovich and Alexander Perry

**Instructions: Read verses listed below. Answer questions honestly. Some multiple-choice questions may have more than one answer.**

### Memory Verses:

Proverbs 4 :23

Joshua 1:9

2 Timothy 1:7

Proverbs 28:1

Psalms 112:7

Isaiah 41:10

Philippians 1:28

2 Chronicles 32:7

Click on link for full study:

[Full Bible Study](#)

### What's in this Month's Edition?

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They wish to see the LORD on high

Tho the LORD born to die.

Born of flesh to live a perfect life,

To heal all sin and strife.

Birth to fulfill God's word,

Life to make it heard.

Death to save the earth,

Resurrected to give second birth.

Snow may come, happiness will  
arrive.

But all will leave, for only the Word  
will thrive.

Have a great day!

-Marcus Nissly

Born to Die, Born to give  
life.

A silent night it is snow, ready to  
fall down.

The grass is cold and brown.

Sheep graze watched by their  
masters

Them who keep them from  
disasters.

But lo and behold light breaks the  
night.

Myriads of angels full of light.

Proclaiming the glory of God,

The shepherds run from work and  
rod.



## Advice Column

Ready for some of the best life advice you will ever come across? Okay maybe not the best life advice you will come across, but it is still a good thing to keep in mind, especially around the holidays when family gatherings/conflicts tend to arise. This month's theme is "To be open minded", why is this so important?

Often during the holidays- or as some say the holydays, people will share different perspectives on Christmas, Jesus's birth, Santa Claus, Giving Gifts, Christmas Trees, etc. The list of Christmas controversies goes on, and for some people these topics are very important to them. So, it is worthwhile to stop, listen and try to understand their perspective on why they believe what they believe. When you learn to be open minded to other people's views, it can help you to have more respect for them, or at least obtain some form of patience you didn't know you could handle before. Being open minded does not mean that your opinions are going to become worthless, rather it can help you affirm your stance on what you believe or help adjust your opinion to suit your new knowledge. Of course, maybe you found out an opinion you held before to be completely baseless, and there is no need to be overly upset by it. It is disappointing to be let down by your own understanding, but because of being open minded you were able to find the truth to something you didn't completely understand before.

So, this December I challenge you to be open minded with those around you, friends, family, even strangers. Listen to their opinion and if it doesn't sit right with you, always do your best to walk away respectfully.

Written By Naomi Kitchen

# Do you want to help plan Graduation?

June 4, 2022

- Are you an NSA student who is Graduating this year?
- Are you interested in what NSA's in-person Graduation will look like?
- Are you willing to join some virtual meetings?

## Join the Grad Committee!

To be considered for the committee contact [activityday@nsaschool.ca](mailto:activityday@nsaschool.ca)

NorthStar  
ACADEMY  
Any Time Any Place.

### **Totally Tea-rrific**

**By Natalie Dryden**

*Snow drifts through the morning air, glittering in the dawn sunlight like shimmering stars. Everything is covered in the white powder, winking and twinkling at passing people. Colourful lights adorn the houses, strung over trees like shawls. Christmas has arrived at last!*

*You guessed it! Today's tea-rrific tea is Christmas themed!*

#### **Tea #1: Hot Chocolate by David's Tea**

*You read that right! This Pu-erh tea is delicious and tastes amazingly like hot chocolate without the extra heaviness or unsightly amount of sugar. This tea has a wonderfully smooth taste. The actual tea has real chocolate in it, so you have melted chocolate in your tea which gives it a slightly oily texture, but it makes it taste amazing....*

*Continued on page 7*

### **Grad Committee!**

Graduation is taking place on Saturday June 4, 2022! We are looking for students who are graduating this year who would like to be considered to join the Graduation Committee. Please have students contact

[activityday@nsaschool.ca](mailto:activityday@nsaschool.ca) to find out more information. Formal Committee Meetings will start in the new, but we are hoping to get those selected together for a quick introduction before Christmas to discuss things that could be pondered before the first meeting! And to get Everyone acquainted!

-Amanda Sadler

NorthStar Academy

Activity Day Coordinator





Which winter sport are you?

By Olivia McLean

1. Which is your favourite card game?

- a) Exploding Kittens
- b) War
- c) Uno

2. Where would you rather go?

- a) to the mall
- b) to the arcade
- c) to the swimming pool

Answers on Page 7.

3. Which is your favourite colour?

- a) blue
- b) yellow
- c) purple

4. If someone said "Snow!" in the middle of February, what would you think?

- a) "I'm kinda getting sick of this fluffy white stuff."
- b) "COME SPRING, WHAT'S TAKING SO LONG!?!"
- c) "Ah. I might even miss the snow when spring finally comes."

5. What accessory would you choose to wear?

- a) good old snowman earrings
- b) anything that's trendy
- c) handmade jewellery

6. What time would you choose to wake up?

- a) 7:30am
- b) 6:00am
- c) 9:00am

7. What would you do if you tripped over your own feet in public?

- a) Start crying and laughing at the same time
- b) Jump right up and announce, "I'm good!"
- c) Suddenly get really embarrassed and try to shake it off

## Answers!

Mostly A's: Skiing	Mostly B's: Hockey	Mostly C's: Ice Skating
You may not be super competitive, and that's ok! What you really enjoy is achieving and beating your personal best. Your style is chill and fun, just like skiing!	Like this icy winter game, you're energetic and upbeat! You're always up for a challenge, and ready to lend a helping hand. You're a great team player!	Ice Skating appeals to you not only because it's a great way to spend your day, but because it also means learning something new and taking chances! You're a little sensitive and thoughtful, but full of adventure!

*Continued from page 4*

*You are instructed to steep it for 3-5 minutes, but if you really want to get that hot chocolate richness, I would say wait a little longer. I filled my cup 3 quarters full with water and filled the rest with milk, letting it steep until my tea had a creamy brown colour. I highly recommend adding milk because it makes it just a touch sweeter and gives it a latte taste that makes it cozy and delicious. Guys this tea smells absolutely amazing. This tea was sweet and creamy and tasted very similar to hot chocolate. I would say the differences are that this tea has a more earthy taste if you know what I mean. Sort of that leaf taste you get with black teas. Not in a bad way, it tastes like tea. On the other hand, regular hot chocolate has a stronger taste that is a lot sweeter than but not as rich as the tea version. Along with the rich chocolatey taste, there is a sweet vanilla one too. I think there are actual vanilla sticks in the loose leaf by the taste of one I tried. Anyway, to conclude, I would say this is a positively delightful tea and the perfect alternative to hot chocolate when you want something a little more natural and a little less high on the sugar content.*

Rating: 

*Delicious and less sugary alternative for hot chocolate. Enjoyable and warming, perfect tea to bundle up and read a book with!*

**STATS**

- High caffeine
- Contains milk and soy
- Pu'erh tea
- Available all year round!

## Book Suggestions

By Abbie Rae Kornelsen



### A Christmas Carol, By Charles Dickens



**Genres:** Fiction, Fairy tale, Victorian story

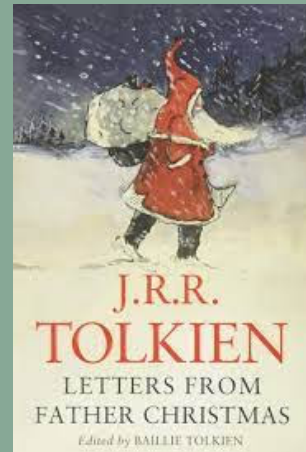
**Interest level:** Grades 2-12

**Rating:** 8/10

**Similar to:** Great expectations, David Copperfield, Treasure Island

**Author:** Charles Dickens

### The Father Christmas Letters, by J.R.R. Tolkien



**Genres:** Children's fiction, fantasy fiction

**Interest Level:** Grades 3-6

**Rating:** 6/10

**Similar to:** The children of Hurin, Farmer Giles of Ham

**Author:** J.R.R. Tolkien



## Music Recommendations

By Ava Smith

It's December! As we spend time with our family and friends, let's remember how blessed we are and be thankful for the wonderful gifts we receive from Christ. I feel like our world has become very self-centered and it encourages us to please ourselves. Although He could have made everyone recognize Him as king, Christ stayed humble throughout His entire walk here on earth. As Christians, we are called to be like Jesus; thinking of others and serving them. This season isn't about how many gifts we can get, or how much money we can spend, it is about how much we can give and serve. My gift to you all is a playlist of carols or holiday songs to bring you cheer! Merry Christmas!

Christmas Playlist:

Snowman- Sía.

Go Tell it on the Mountains- Zach Williams

O Holy Night- Christina Aguilera.

December Song- Peter Hollen

The Christmas Song- Dianna Krall

Believe- Josh Groban

River- McLachlan.

Grown-up Christmas List- Pentatonix

Rockin' around the Christmas Tree- MercyMe. O Come All ye Faithful- Amy Grant

When you Believe- Pentatonix

for God is with us- for King and Country

## JOIN THE CHRONICLE!

Do you enjoy photography? Appreciate good jokes? Like learning new things? Enjoy writing?

Then this is the place for you! The chronicle is looking for new contributors!

Contact Abbie Kornelsen @abbie.kornelsen@nsaschool.ca if you are interested!

December 13th, 2021

# The Repetition of History and Humanity's Search for Salvation

Written by Bethany Urquhart

Welcome to day six hundred thirty-five of “fifteen days to slow the spread”. It seemingly will never end, society has become trapped in an endless cycle of lockdowns, mandates, and the distorted hope of normality. How is it that a virus such as COVID-19 could nearly break an economy, wreak havoc on our political systems, and divide society in under two years? The answer is divulged in the gruesome history of mankind, the truths of psychology, and humanity's search for salvation.

Sydney J. Harris wrote, “History repeats itself, but in such cunning disguise that we never detect the resemblance until the damage is done”. The fear, division, and mass hysteria that have accompanied the COVID-19 pandemic are all too familiar in the eyes of human history. Several times over, societies have undergone what is known as “mass transformations”, to take a rather extreme example, this is what happened in Nazi Germany. When there is a mass transformation, society goes from an extremely fearful worldview, to an hopeful state. However, because of the mass transformation, the optimistic worldview becomes accompanied by a mixture of hope and fear, which causes society to lose common sense, believing in “the only way forward”, even if that way is completely absurd.

To put this into context of Nazi Germany, after the first world war the country was left in turmoil. The economy had crashed and sickness plagued the streets. With the election of Hitler, things started to change. Hitler began cleaning up Germany, he promoted good health and hygiene, and started building back the economy. As a result of the mass transformation, Germans latched onto Hitler's ideals, and held on even once those ideals became diluted. Rituals are another result of this, Nazi propoganda included quitting smoking to improve your health, soon that became a ritual and representation of whether or not your were a part of the larger social group.

To put this idea into terms of COVID-19, we entered a pandemic knowing only what information flowed out of China, Italy, and Spain. The virus seemed dangerous and out of control, and society was completely shut down and sent into isolation as a result. Anxiety ran rampant with no direction. The vaccine became a hope for society to return to normal. Rituals have arisen, people no longer wear masks to protect themselves or others, but to signal to those around them that they are part of the larger social group. The pandemic has dragged on far too long, one has to wonder whether our solutions are real, or merely an aspect of a fallacy. Dr. Mattias Desmet uses four points as a criteria for a society vulnerable

to a mass transformation. One, a population is isolated or socially disconnected. Two, a large number of people experience lack of meaning or purpose. Three, a large amount of people have anxiety that cannot be directed to a mental representation. Four, There is no place to direct frustration and aggression. Western society is a perfect match for this criteria. Lockdowns isolated everyone, without the ability to work, help, or understand what was going on people experienced lack of meaning, we knew little about the virus and it caused everyone to be fearful for their, health, career, school, etc., and the resulted aggression could not be directed or blamed on any one place or person in particular.

Perhaps, the issue is not only found in the human response to fear and the unknown, but rather is discovered in mankind's longing for Christ. It is written in Psalm 119:81 "My soul languishes for Your salvation;/I wait for Your word". God created us for relationship with him, and even without having a conscious knowledge of it, we yearn for the salvation which he provides. In the bible it tells us how to follow Christ, in Matt 18:20 he encourages us to gather, saying, "For where two or three are gathered in my name, there am I among them". Jeremiah 29:11 says, "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope". He gives us a purpose and a meaning in life. Philippians 4:6, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus". The bible reveals to us that through the pursuit of Christ, we avoid the very things that have torn our society in two.

As humans, we are sinful. We repeat our mistakes, and our new mistakes accompany the old. Through the study of mass transformations throughout history, we can understand the psychology of why we are where we are. At the end of the day, there is still hope for humanity, no matter how many times we commit the same mistake. God has provided us with a way to salvation, and eternal life with him. Jesus says in John 14:16 "I am the way, and the truth, and the life. No one comes to the Father except through me", he is our only hope. No matter how many times history is repeated and the sinfulness of mankind laid bare, there will always be hope in Christ.

#### References

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Video Falsely Claims to Show Bodies of Virus Victims in China. (2020, February 21). Retrieved from <https://apnews.com/article/archive-fact-checking-8509320385>

Why Do Some People Still Believe the Narrative? (n.d.). Retrieved from <https://www.youtube.com/watch?v=uLDpZ8daIVM>

## Fun Facts

By Abbie Rae Kornelsen

1. Christmas trees were first used by ancient Egyptians and Romans
2. The Christmas wreath is a symbol of love and eternal life
3. Alabama was the first state in the US to have recognize Christmas as an official holiday
4. Astronauts have broadcasted "Jingle Bells" from space
5. Santa has his own Canadian postal code
6. Candy Canes originated in Germany
7. Americans spend nearly 1,000 dollars on Christmas gifts
8. Silent Night is the most recorded song
9. Settlers created the first American Egg Nog
10. Jingle bells was originally a thanksgiving song

References:

<https://www.goodhousekeeping.com/holidays/christmas-ideas/g2972/surprising-christmas-facts/>

## Jokes and Groaners

1. Why is it getting harder to buy Advent Calendars?  
Their days are Numbered!
2. What do you call Santa Clause when hes on break?  
Santa Pause
3. How does a sheep say Merry Christmas?  
Fleece Navidad
4. Where do polar bears vote?  
The North Poll
5. What goes Oh, Oh, Oh?  
Santa walking backwards
6. Why does Santa have three Gardens?  
So, he can HO, HO, HO.
7. What do snowmen wear on their head?  
Ice Capps!
8. What nationality is Santa?  
North Polish
9. How does Santa keep his bathroom tiles sparkling?  
He uses Comet
10. What is Santa Clause laundry detergent?  
Yule-Tide

References:

<https://parade.com/1059328/marilyniles/christmas-jokes/>



# Edmonton Rugby Sevens


By Simeon Buchner

So, I have been fortunate enough to be able to watch the rugby 7s in Edmonton this year. The rugby 7s are a rugby team that consists of only 7 players on the field at the same time. Normal rugby has 15 players on the field per team. Whenever you see a rugby field on TV, it looks big. I thought when we were going to sit there, I wouldn't be able to see very well, however, the field looks so much smaller in person. I could keep track very easily where the ball was, and I could see each individual player.

There were many teams there such as, USA, Kenya, Canada, Ireland, and Great Britain. These games were much shorter than the world cup games. They consisted of two 7-minute quarters for the entire game. This seems short; however, each game usually takes about 20 to 25 minutes to finish because of the referees pausing the game for injuries or penalties and also half time.

There was, however, some downsides to this. Firstly, your back can start to hurt when you've been sitting in a stadium chair for the entire day and secondly, the crowd can be very rude. Let me explain this. Whenever Canada was playing, the crowd would cheer for them a lot. But when team Canada was playing against USA for example, most of the people cheering for Canada would "boo" USA whenever they scored points or got a penalty for them. These games did take place in Canada, but I think it is really unnecessary to "boo" the other team because they are better than your home team. Another downside of going in person was, there were always people drinking and some got drunk. Why couldn't they sell soda or juice at the stadium chairs? All they sold was beer the entire time. Some people were drinking 2 or 3 cans of beer before noon! This was really inappropriate. I hope that if I do ever get to see the rugby 7s again, all the drinking and discouragement towards other teams are not there.

Despite the downsides, the experience of the Rugby Sevens was amazing! We watch the Rugby World Cup on TV every four years so being able to go watch world teams play rugby in person was a blast!



Wow! December already! Merry Christmas everyone! Have a great Holiday!

The Chronicle Team:

Abbie Rae Kornelsen, Alexander Perry, Ava Smith, Bethany Urquhart, Cassie Doerksen, Kate Fersovich, Kirtsen McClure, Levi Patterson, Marcus Nissly, Naomi Kitchen, Natalie Dryden, Olivia McLean, Sean Umbsaar, Sierra White, Simeon Buchner, Taya Young & Trevor Pearson

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