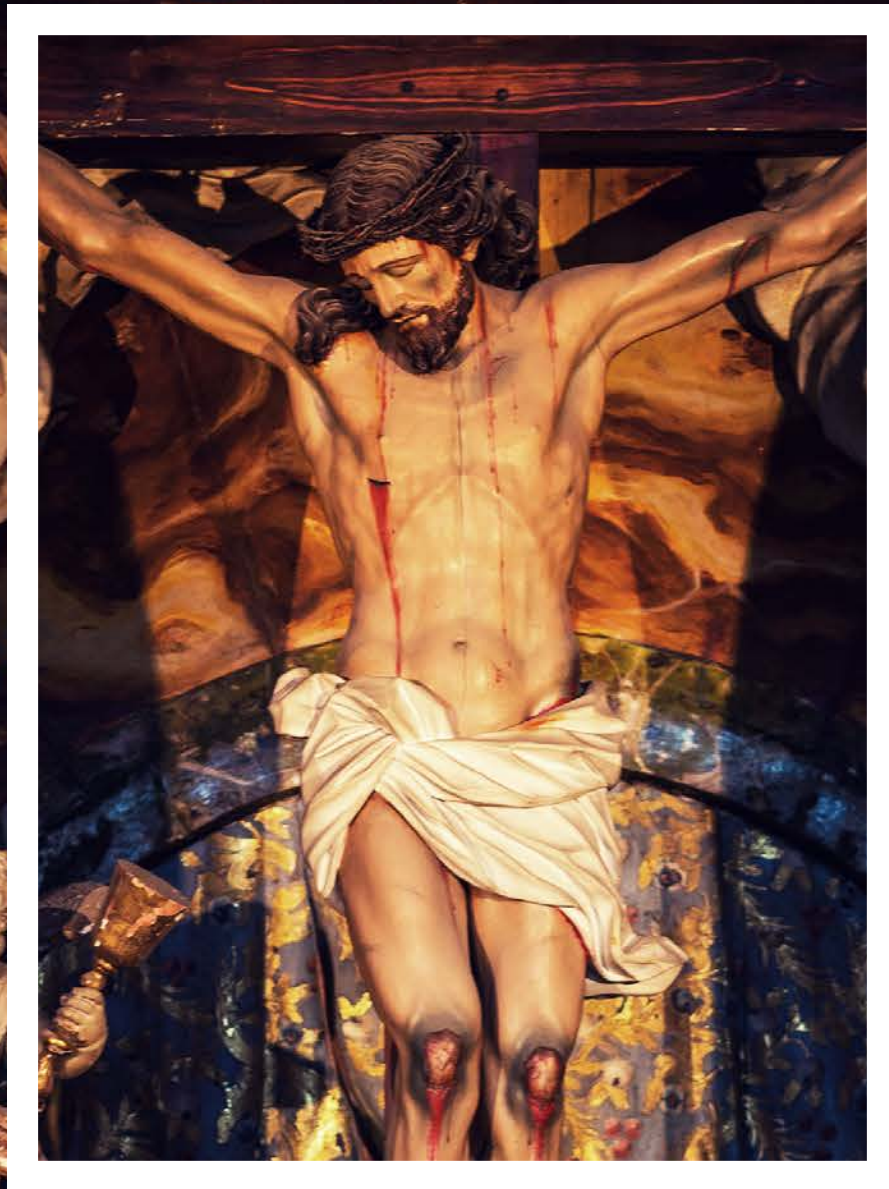


Transcendentals
Ecce Homo

A DIGITAL CATHOLIC JOURNAL



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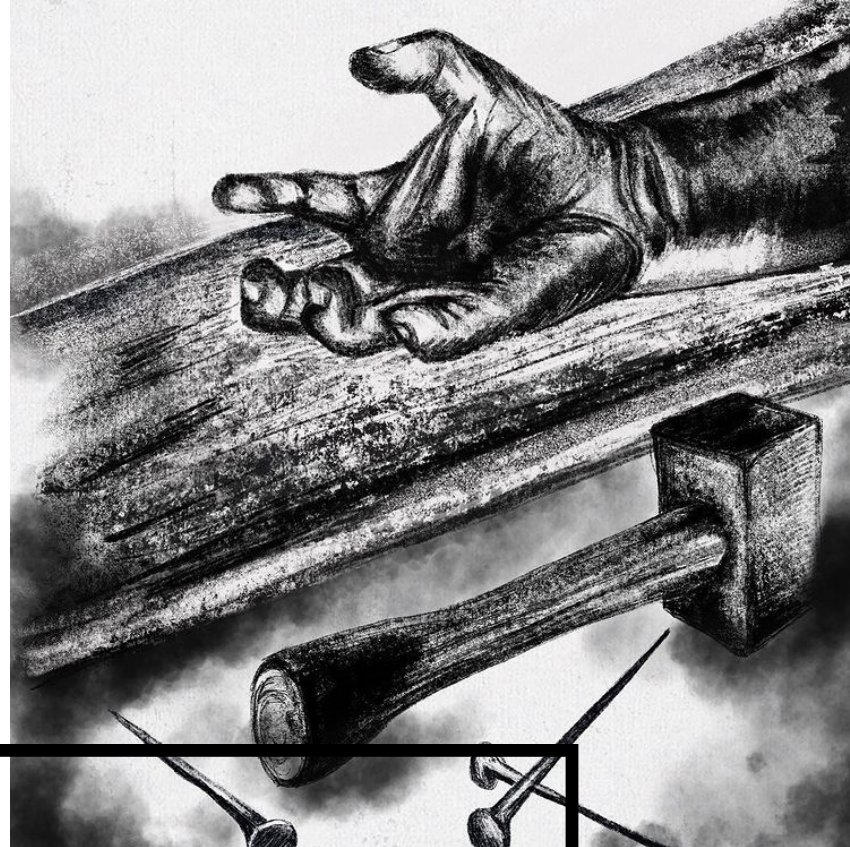
**SPECIAL GUEST
CONTRIBUTOR**

Mirjana Villeneuve

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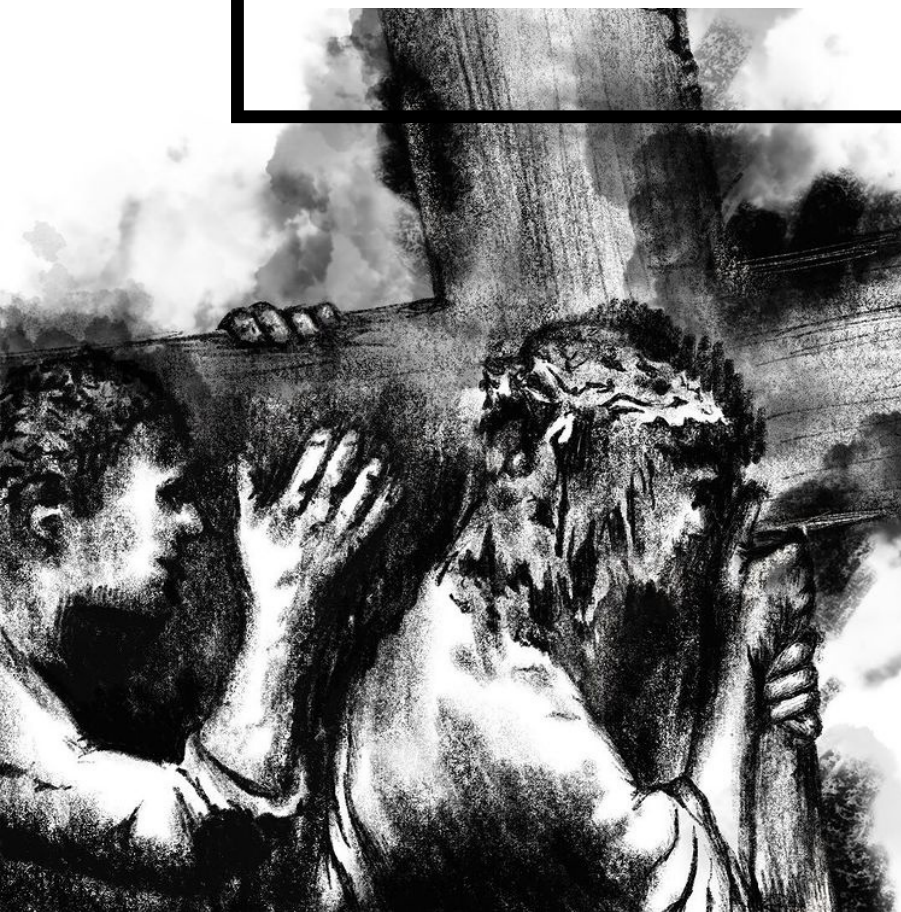
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Ecce Filius: Behold the Son
Veronica wipes the face
of Jesus
Ecce Homo
King and center of all
hearts



Top & Bottom:
Image Credit to
Grotto Network

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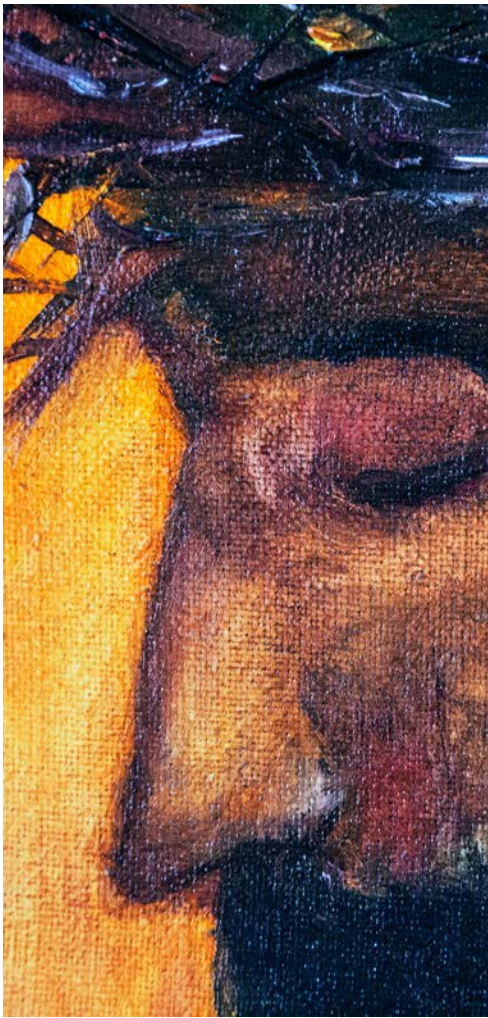
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POETRY

For He Knows How
We Were Made
Let Me Love You,
Anxious
This Is
Man-Made
Behold, The Truth



NEWS FROM THE FRONT

A solemn yet joyful greeting to you during this Lenten season. We continue to be very grateful for you, our reader, who takes the time to read and hopefully contemplate the content our team works hard to put together. As we continue to grow and define our unique mission, we are always happy to receive feedback, critiques, and constructive criticism!

With the entire Church we are now well into this Lenten season where we desire to draw closer to Christ. In this publication, we encourage you to reflect on the Paschal Sacrifice of Jesus on the cross and His unreserved gift of Himself for the salvation of every single person. We present *Ecce Homo*, translated “Behold the Man”; a call to behold and contemplate, in a new and deeper way, the person of Jesus Christ.

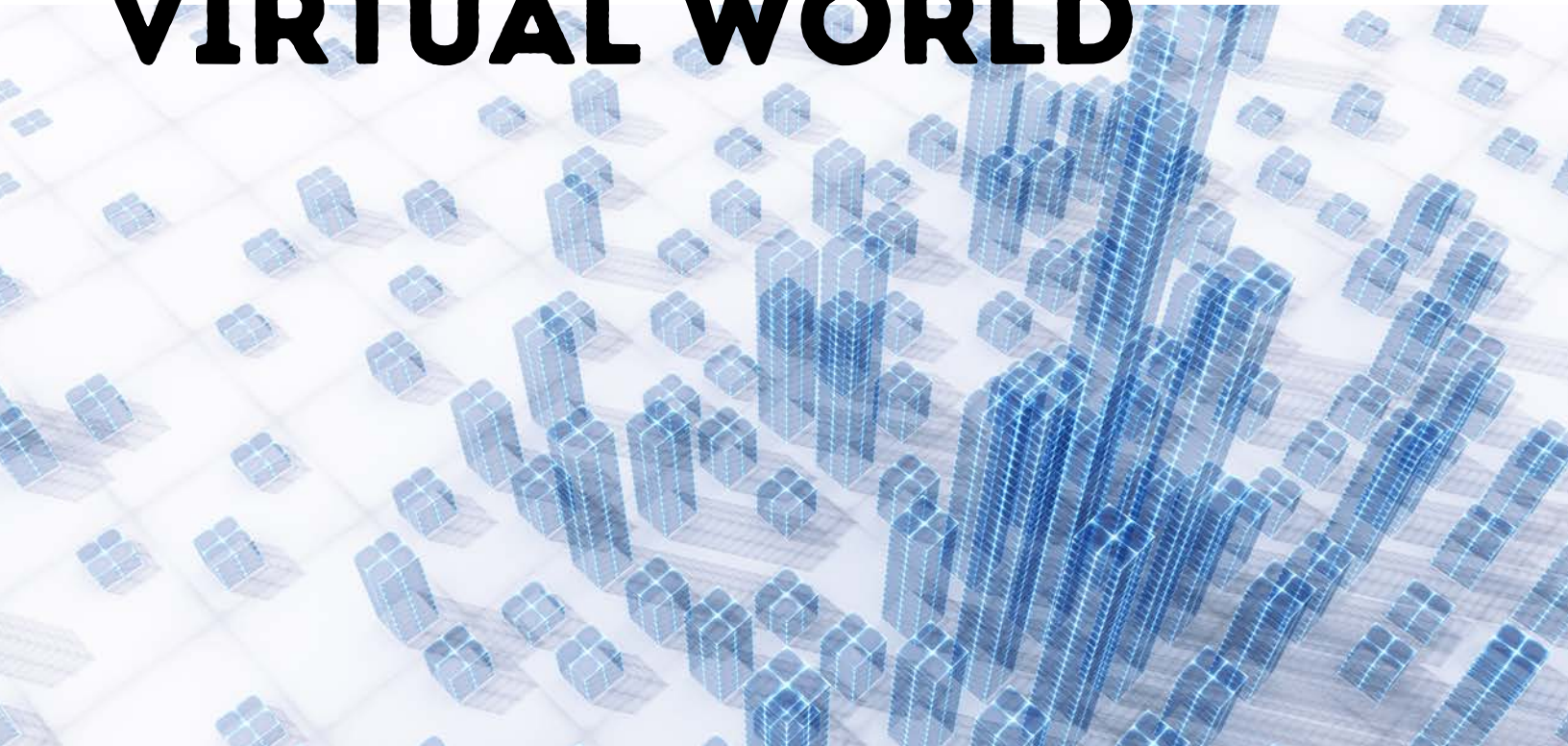
Mirjana Villeneuve, the founder and editor of *The Catholic Millennial*, encourages in the midst of isolation to allow Jesus to meet us in our discouragements. In her reflection, she discusses the importance of remembering our own humanity in a time of virtual reality and distractions.

We also want to remind you that if you feel inspired to share your own talents please consider submitting your art, poetry, or essays through our website. This month, we are extremely excited to have five contributions from our readers. We are so humbled and inspired by these submissions which motivate us to continue expanding this initiative. A big congratulations and thank you to: Angela Blach, Bethany Lau, Mary Ma, Angela Roelands, and Sarah Taliun.

Transcendentals

THROUGH BLUE COLOURED GLASSES:

REMEMBERING OUR HUMANITY IN A VIRTUAL WORLD



**MIRJANA
VILLENEUVE**

It's almost been a year since our entire world was sucked online. In the span of a week the streets emptied, schools were closed, and we all added new words to our vocabulary: Zoom, social distancing, asynchronous. I attended a final mass with my sister at the cathedral in Kingston...

no one shook hands, stood too close, or breathed too hard. By the next weekend, I was living with my parents again, after having been away for over four years. We watched Mass online for the first time, praying that we'd be able to receive the Eucharist again in person by the time Easter rolled around.

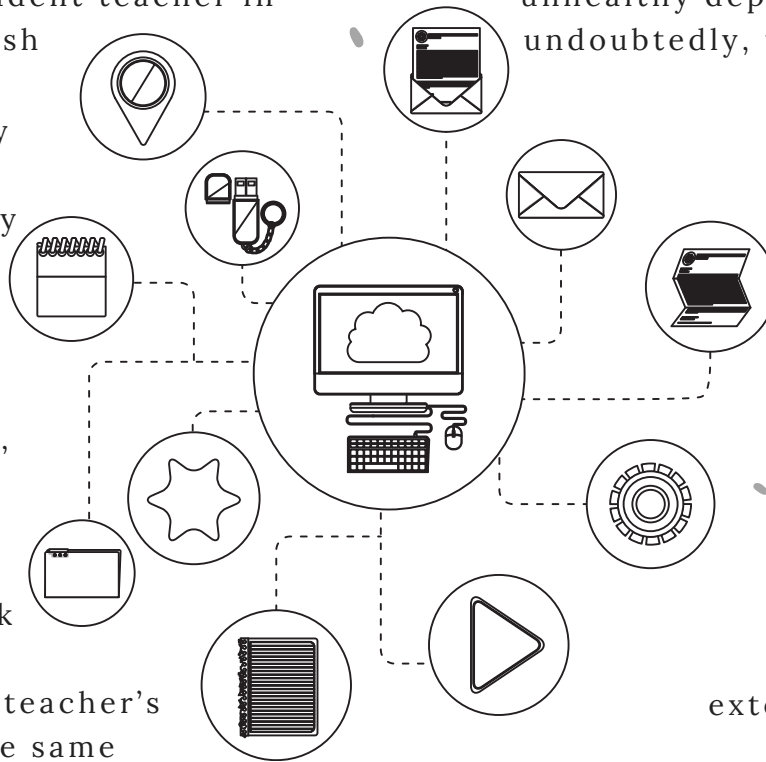
But Easter passed quietly, darkly; our family couldn't gather, and the sky was overcast. We held out hope for Christmas, but it took on a similar shape. Now we are a few months into the new year, and Lent has begun in much the same way as it ended last year.

Just a week before the world shut down, I was a student teacher in a grade ten English classroom. I was struck by how my students took every opportunity to look at their phones. Really, as a twenty-something in teacher's college, I shouldn't have been surprised. All I had to do was take one look around a lecture hall, or even the teacher's lounge, to see the same scene: eyes and necks bent towards a screen. I tried to empathize with my students as a fellow social-media user: don't forget to look up once in a while, I told them. Don't forget that there are humans sitting next to you.

It is fashionable to blame the internet for the problems that our generation is facing. It is so easy to say that social media has turned

our gaze inwards, has made us vain and shallow, has warped our expectations. My students who couldn't stop themselves from checking their phones while I was teaching even said these things! But, even cognizant of the adverse effects of almost constant internet use, we continue to use it. And rather than blaming this on an unhealthy dependence (though, undoubtedly, this plays a role), I've come to realize that it is unrealistic to suggest that we go totally unplugged, especially right now.

A few years ago, someone I knew was taking an extended break from the internet and asked me if I thought Jesus would have had a computer. This was posed more or less as a rhetorical question, but I've found myself reflecting on it periodically, even six years after this person first asked it. Today, my answer would be, yes, if Jesus was living in 2021, he would have had a computer. He would have had to. But the way He uses it would look a little different.



During His public service on Earth, Jesus saw the humanity in each and every person He encountered. If He had lived in 2021 and was conducting His ministry over Zoom and social media, this wouldn't have changed. He would have seen the human behind each post, video call, and Teleparty. And still He would have been fully present to the people who are around Him – His family or housemates, the grocery store employee,



the Uber eats guy. In fact, Jesus does sort of have a computer, and I FaceTime Him for about an hour every Sunday morning. Although we can't be with Him in person, this doesn't change the power of His Presence. His love is not limited by a screen.

But, just like FaceTiming my sister or mom, online Mass is not as

good as the real thing. Although God is not limited, we, as humans, are. We were not made for isolation, and our hunger for community and communion reminds us of our weakness, of our humanity.

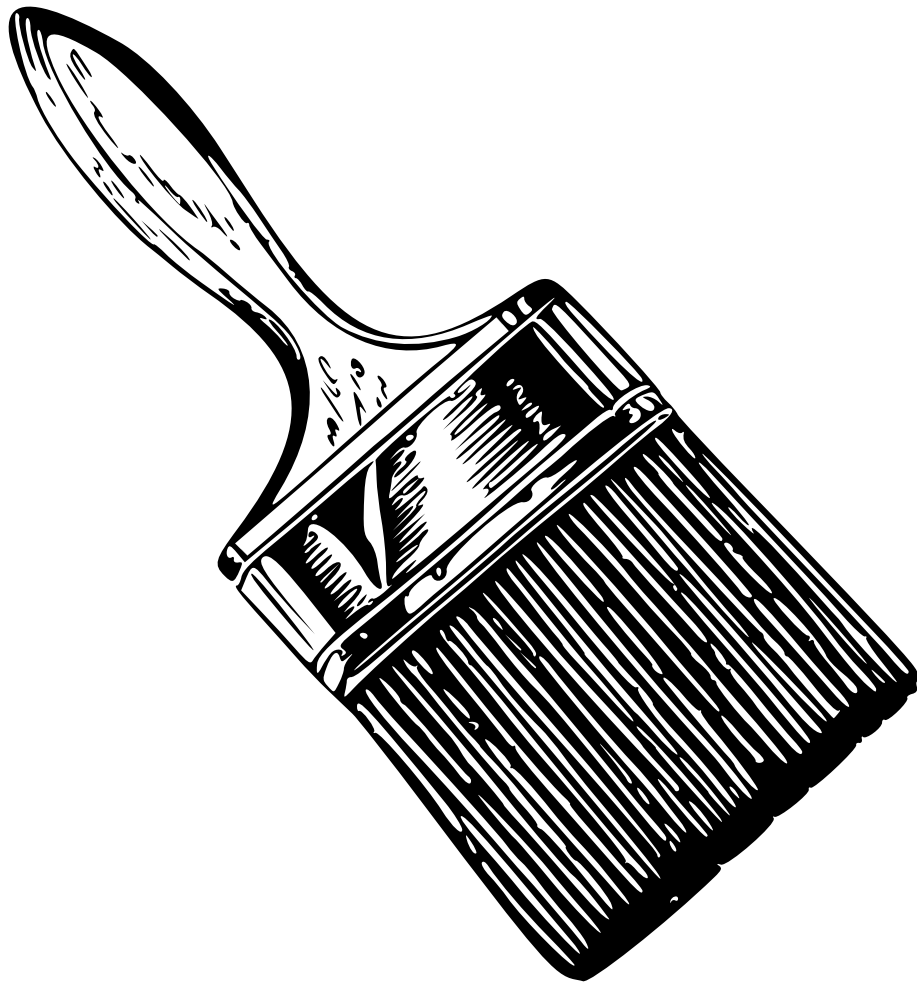
Still, Christ wants to meet us at that live-streamed Mass. He wants to meet us in the faces of our classmates in their little Zoom squares, and in every person behind the screen. This realization should change how we approach our internet usage – as a human interacting with humans, loved and guided by an ever-present God.

I wish I could go back and remind the students in that class, not only that there are humans surrounding them, but that in their phones they hold access to an infinite number of people who deserve to be approached and respected as such.

And importantly: don't forget that you are human, too.

Christ hasn't. At once fully God and fully human, Jesus understands the poverty of loneliness and isolation, and invites us to turn to Him all the more. He knows that this physical lack of access to the Mass and to each other is a desert. And he wants to meet you in the desert. He is inviting us, not to tune out with a mindless scroll through cyberspace, but to allow Him to sit with us in that ache.

How lucky we are to have a present God for whom to yearn.



"Society needs artists...artists have their unique place. Obedient to their inspiration in creating works both worthwhile and beautiful, they...enrich the cultural heritage of each nation and of all humanity."



ST. POPE JOHN PAUL II
LETTER TO ARTISTS



ECCE FILIUS: BEHOLD THE SON

ARTIST: JOSHUA TERPSTRA

MEDIUM: DIGITAL WORK (PROCREATE)

ORIGINAL SIZE: 3825 X 4950 PX

Ecce Homo, or “Behold the Man”, points to a particular moment in salvation history: the presentation of our Lord in His humanity at His passion. Beaten and scarred, we are given insight into how Jesus the man suffered for our sake. His redeeming passion is the love of the Saviour for humanity.

In reflecting on this theme, my thoughts went to Our Lady. A painting that captures well the pain of our Mother during the Passion is *Pieta* by William-Adolphe Bouguereau. *Pieta* served as a great inspiration for the building of this piece. In the painting, we see the presentation of a mother suffering the inconsolable death of her only son. This mother was given a great gift of carrying and caring for the Saviour of the world, only to be left with the limp body of her greatest love. We see a potent darkness of the soul, a moment of comfortless grief. Mary subsequently commits her son to be laid in a borrowed tomb which is sealed from the world by a seemingly impassable stone. Throughout the entire event of the Passion, she is barred from her son, no longer being able to protect Him from the dangers of the world. She witnesses her son being unjustly tortured and sentenced to death while being

THOUGHTS FROM THE ARTIST

put in the position of a simple bystander. I cannot fathom the pain of burying a child, of seeing a great part of you taken. Despite her sorrow, Our Lady accepts the Passion of the Son of God—the necessary sacrifice of Christ for the salvation of the world. She shares uniquely in the Passion as Simeon had foretold all those years ago in the Temple: “and a sword shall pierce your heart.”

As Mary’s son, Jesus takes on the role of the Great Provider for His mother at the end of His life. John 19:26-27 tells of the gift of a new place of rock and refuge for Mary in the house of the beloved disciple. As a man, this is His final act of service to the one who gave Him life. Despite the pain He experiences, Jesus accepts His fate with the confident assurance of one who knows the will of the Father. He knows the necessity of His gift of life.

This piece is titled as *Ecce Filius*, or “Behold the Son.” In Mary giving Jesus His humanity,

"BEHOLD THY SON..."

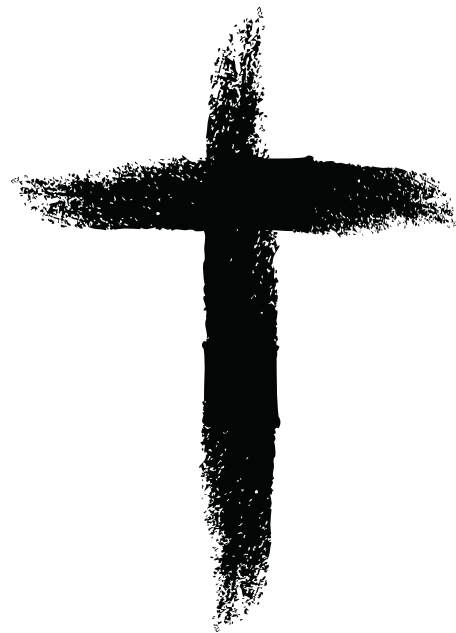
she gives the world her son as the inevitable sacrifice. Mary received God as man at the moment of His conception. At the passion, she beholds her son fulfilling the purpose of His life.

In the piece, Mary is cloaked in a solemn black mantle and wearing a garment of red to represent her mourning for the one she loves. The white she wears is trimmed by blue, a colour representing her identity as Queen of Heaven. She holds the hand of her son who holds her close to Him, revealing herself as a mother being consoled. We see Our Lord beaten but not broken, wearing the crown of His passion and tightly clutching his mother's hand, almost in a human response of not wanting to let go.

In the top corners of the piece, there are two roundels. The first is a reference to the moment of Christ's conception, in which He was given His human life. This roundel is mirrored by an image of the salvific Paschal Lamb,

representing His Resurrection. The halo is circled by two flowers intermingled in their stems: roses and Easter lilies. Roses represent the blood of the Passion shed out of love for humanity, while Easter lilies represent the Resurrection.

As we step into Lent this year, I encourage you to meditate on the Passion of Christ, to pray in thanksgiving for Our Lord's unique gift to you: His salvific Passion, Death, and Resurrection.



"...BEHOLD THY MOTHER."



VERONICA WIPES THE FACE OF JESUS

ARTIST: IRENA VELÉZ

MEDIUM: WATERCOLOUR WITH FINELINER

ORIGINAL SIZE: 22.9 X 30.5CM

After Jesus was condemned to death, scourged and badly beaten, He was made to walk to His place of execution. People yelled and screamed at Him, cursing His name. Rejected and despised, Jesus walked to His death. He is already in tremendous pain; so weak that he drops His cross. No one could make the pain stop, not even Mary who ran up to her Son to meet him. Suddenly, out of the raging crowd emerges a woman. Veronica was watching Jesus carry his cross to Golgotha and was so moved with pity and compassion that she gave him a cloth to wipe his face. She knelt before him and raised her hands to hand him the cloth. He accepted and wiped away the blood, spit, sweat, and mud.

This seems like such a small act for a man slowly being tortured to death, a man made to walk with the very instrument that would soon kill him. What good would a small handkerchief do, if His whole body was covered in gashes, blood, and bruises? Why wipe His face, which would soon be covered in blood and dirt again anyways? Why put in the effort to clean His brow if He was on His way to die?

As Jesus felt so desperately alone, carrying His cross and hearing shouts of hatred, one woman was strong enough to go against the angry crowd. One woman was so filled with love that she did everything in her power to run toward Christ. She did not let herself be deterred by the soldiers or by the violent mob. She allowed her heart to be moved by Christ's suffering and she let her love overflow. Her courage came from her goodness. She ignored how her actions would tarnish her image, with the Jewish authorities and the rest of the people, and instead knelt before the Lord. She gave the only thing she had: a piece of cloth.



Jesus's response is most fascinating: He did not look at her tiny handkerchief and laugh. He was not filled with anger, seeing a woman offer Him a rag as He was dying. He did not reject her small gift but accepted it without hesitation. He immediately saw Veronica running towards Him and kneeling, looked her in the eyes, grabbed onto the cloth, and wiped His face. He allowed Veronica to look upon the beaten and bloodied face of the Living God and recognize pure sacrificial love.



WHAT DOES THIS SAY ABOUT HOW JESUS RESPONDS TO US APPROACHING HIM, HOWEVER MEAGER WE ARE?

As soon as we give Christ what little we have to offer, He instantly accepts. He takes the cloth, wipes His face with it, and then dies on a cross to save all mankind. He takes our littleness and uses it to show His great mercy. But it takes great love and compassion to look upon the true face of Christ, love itself. Our job is Veronica's: to seek God and give Him what little we have. We must stand beside the cross that Christ continues to be crucified on and pray for the sins of the world.





ECCE HOMO

ARTIST: BETHANY LAU

MEDIUM: DIGITAL WORK (PROCREATE)

ORIGINAL SIZE: 2048 X 2732 PX

The painting....

...depicts the moment described in John 19:5.

“Jesus came out, wearing the crown of thorns and a purple robe. Pilate said to them, “Behold the man!”

I painted this piece because lately I have been so moved by the humanity of Jesus and have been filled with longing to gaze upon His Holy Face.

Jesus is a real man who walked this earth. He laughed, He worked, He struggled, He felt the whole scope and depth of human emotion. Jesus’s face in this painting was inspired by the shroud of Turin, as well as *The Chosen Series*’ beautifully human portrayal of Jesus. Jesus is not afraid to meet us in our deepest brokenness and to enter into all our mess, and so I portrayed Him bruised, bleeding, and in tears. Even in His suffering, Jesus is Lord and King; signified by his halo

and purple robe. By taking upon Himself our full humanity, God himself redefines all that it means to be human. He is radiant in darkness, powerful in weakness, beautiful in brokenness, victorious in sin and death. Jesus is a living sign that God’s mercy is enough to transform our deepest woundedness, and that there is nothing beyond His saving grace.

Never again can we really say that we are too broken, that we are beyond mercy, or unworthy. Never again can we believe we cannot approach Him in our misery and sin. A single look at His wounds tells us otherwise. A single look at His blood and

tears silences all those lies. A single look into His eyes, and we know the truth: that Jesus suffered everything so that we could love Him and be loved by Him, know Him and be known by Him, trust Him and never be afraid to come to him. If we would only receive His merciful love, we would satisfy the deepest thirst and longing of His heart. We would allow His suffering for us to be worth it and would give Him the great joy of being our Savior.

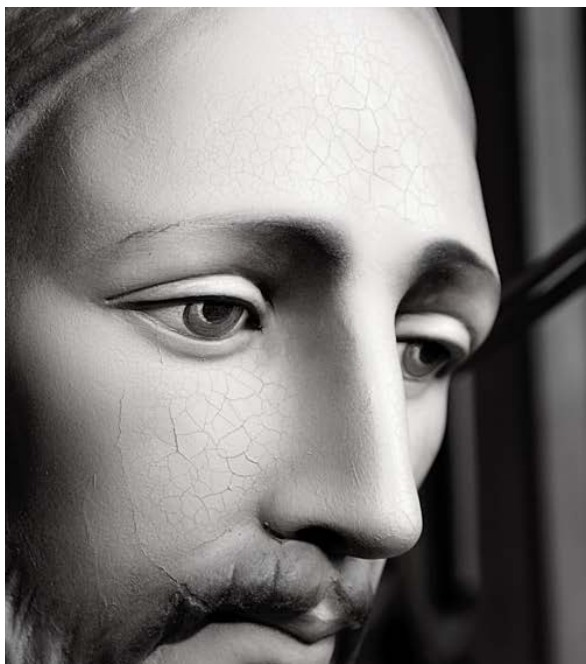
As I painted this piece, I was so struck by Jesus’s vulnerability. Jesus willingly takes the risk of loving us, even when He knows it will cost Him so dearly.

Again, and again, the King of the Universe puts Himself in a position where He can be abandoned by us, rejected by us, wounded by us, pierced by us. I chose to portray Jesus's eyes gazing into your own. Jesus saw, He sees, and He will see us in our moments of deepest brokenness; even then, we are fully embraced as we are. But Jesus doesn't only

see a sinner; He sees the saint that you can be. He sees the beautiful life you could live with Him, a future full of freedom and joy and hope. He sees the ways you could bless the world and bless His heart. He sees the radiant possibility of love freely chosen, and He chose us, He chooses us, and risks it all for that love. His eyes are sorrowful, but sure. He is willing

to take the risk of loving you. He believes you are worth it and would do it all again for you.

Jesus leads the way in taking risks for love. He loved us first: "You did not choose me, I chose you" (John 15:16). My desire is that as you gaze upon His face that you would choose Him too.





KING AND
CENTER OF
ALL HEARTS

KING AND CENTER OF ALL HEARTS

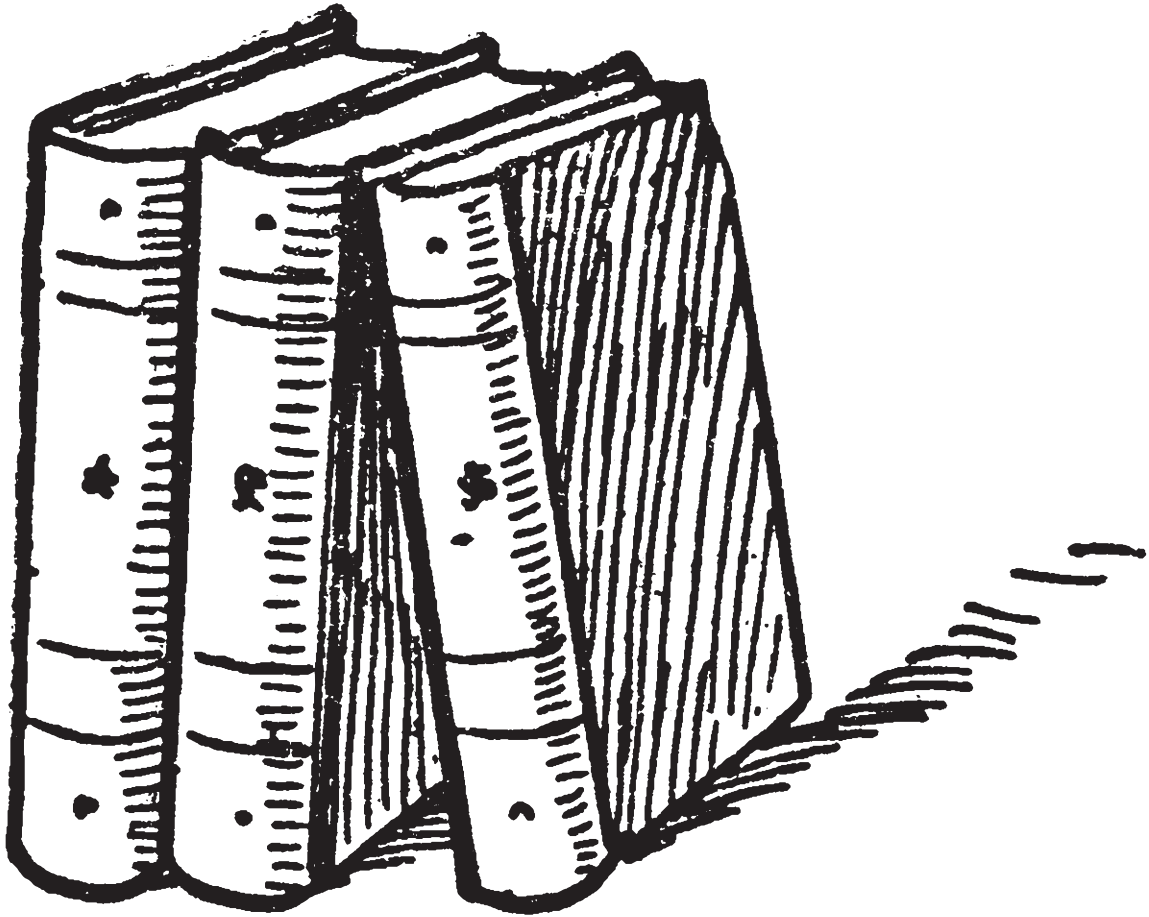
ARTIST: ANGELA ROELANDS

MEDIUM: PENCIL ON PAPER

ORIGINAL SIZE: 8.5" X 11"



The idea and title of this piece comes from the Litany of the Sacred heart. “King and Center of all Hearts” is one of the titles of Christ that has struck me time and again while praying the litany. The crown obviously represents Christ’s eternal and universal Kingship. The monstrance exposing the Holy Eucharist is beneath it instead of the Sacred Heart of Jesus because it was in adoration while praying the Litany of the Sacred Heart when I realized the wonderful significance behind this title of Christ. Christ is and should be the King, and therefore the ruler of all hearts, meaning that He should be put first in everyone’s life, before all else that one may be occupied with. This title also means that as the center of each person’s heart, individually, He is also the center of all hearts collectively. The closer one draws to Christ’s heart, the closer one also draws to the hearts of those who also are drawing closer to Christ. A perfect example to illustrate this is marriage; the more each spouse deepens their relationship with God, the closer they will be to each other. The spouses are able to love each other more perfectly through loving God more perfectly. The best way to grow closer to Christ’s Heart is through reception of the Most Holy Eucharist as well as through just simply adoring Him in the Blessed Sacrament.



"I count myself one of the number of those who write as they learn and learn as they write."



ST. AUGUSTINE

SAY YES TO MARRIAGE PREPARATION

BY SARAH GAGLIANO TALIUN

Congratulations! You're engaged! What an exciting time to plan, shop, select the readings and music for Mass, and meet with and book caterers, photographers, musicians and more. Surely this multitude of tasks will not keep you and your spouse-to-be busy enough, so let's also add participation in a marriage preparation program.





I was feeling overwhelmed, to say the least, when my husband-to-be and I met with our parish priest with less than 10 months to our wedding date to discuss the parish's marriage preparation requirements. There seemed to be so many components involved: a religious education session, a communication workshop, and on-going biweekly meetings with an experienced married couple in the parish.

My husband-to-be and I were organizing our wedding ourselves. Regardless of how big or small a wedding is, planning takes a substantial amount of time and effort. On top of all of the logistic, culinary, and style preparations for the big day (which at times felt like a part-time job) and our actual full-time jobs, how could we possibly find the time to participate



in a marriage preparation program?

Marriage preparation programs vary among parishes and they can be tailored to the needs of the specific couple. Some will involve more components than the program in which my husband and I participated, and others will involve less. Despite my uncertainties, we did make time for marriage preparation, and looking back, I can confidently say that the months of marriage preparation were of immense benefit. Now, I have been married for less than three years, and so I am by no means claiming to be a marriage expert. However, based on my experiences thus far, I would like to share a few of the concrete ways that a marriage preparation course, workshop

or program can be beneficial for your relationship with both your spouse and God. I strongly encourage couples to participate in such programs.

Marriage preparation should be seen as an opportunity for you and your significant other to spend quality time together.

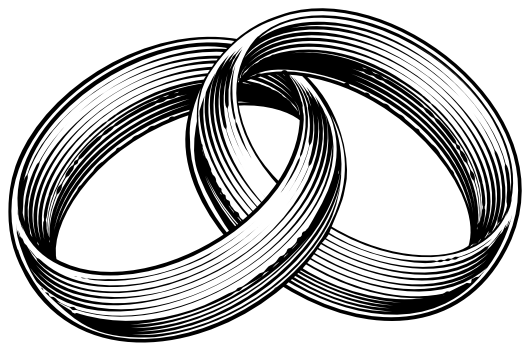
All of the marriage preparation activities are done together as a couple. You learn and participate together. These hours spent with each other are a great way to work together as a pair and to simply spend time in each other's company.

You can form relationships with people who have a common mindset about marriage.



Other couples planning for marriage will also be participating so marriage preparation can be a great way of meeting people who can relate to the demands of organizing and planning for the big day.

Additionally, if your program involves meeting with an experienced married couple (a sponsor couple), you can learn valuable lessons on marriage from them. My husband and I are particularly thankful for our sponsor couple. We learned a lot from their stories and by their example, including one way to pray together as a couple. It is a free-form sort of family prayer, where rather than reciting a traditional prayer, each person thanks God aloud for something good that happened during the day and then asks God for help or guidance for something else in their life.



You will learn new skills, such as how to communicate effectively, which will strengthen your marriage.

I will not claim that every single piece of information learnt over the course of your marriage preparation program will be directly and immediately useful to you and your spouse. Each relationship is unique, so various topics are discussed in marriage preparation programs to meet the needs of a diverse set of couples. That said, my husband and I have used several pieces of advice from our marriage preparation program.

One is a communication technique to discuss serious topics in a manner that mitigates the potential for conflict. It involves taking turns as either “the speaker” or “the listener”, where whoever holds “the square” (a magnet on which with the rules for the technique are outlined) is the speaker and does the talking and voices their opinion, being careful not to blame or speak for the other spouse, while the other attentively listens. I remember feeling very silly in the workshop when we had to fabricate a scenario and practice this technique. However, whenever an important topic for discussion arises and one of us takes out





“the square,” neither of us feels silly anymore. Rather, we feel well-equipped to thoughtfully discuss and reach a compromise.

4 Marriage preparation reminds us that marriage is a sacrament.

Of course, marriage is not just about the very day when vows and rings are exchanged. Yet, in the midst of wedding planning, it can be easy to lose sight of marriage as one of the seven sacraments and a serious life-long commitment between two persons that is made before family, friends, and God. Attending the various workshops and meetings to prepare for the vocation of marriage allows you and your spouse-to-be

to take a step back and remember this important purpose.

In summary, participating in a marriage preparation program should not be seen as a hassle or something that needs to be crossed off the wedding planning checklist. Marriage preparation is worth the effort, so in addition to saying yes to the dress, be sure to say yes to marriage preparation.





**"A sea before
The Throne is spread;—its pure still glass
Pictures all earth-scenes as they pass.
We, on its shore,
Share, in the bosom of our rest,
God's knowledge and are blest."**



**ST. JOHN HENRY NEWMAN
A VOICE FROM AFAR**

FOR HE KNOWS

HOW WE WERE MADE

MARY MA

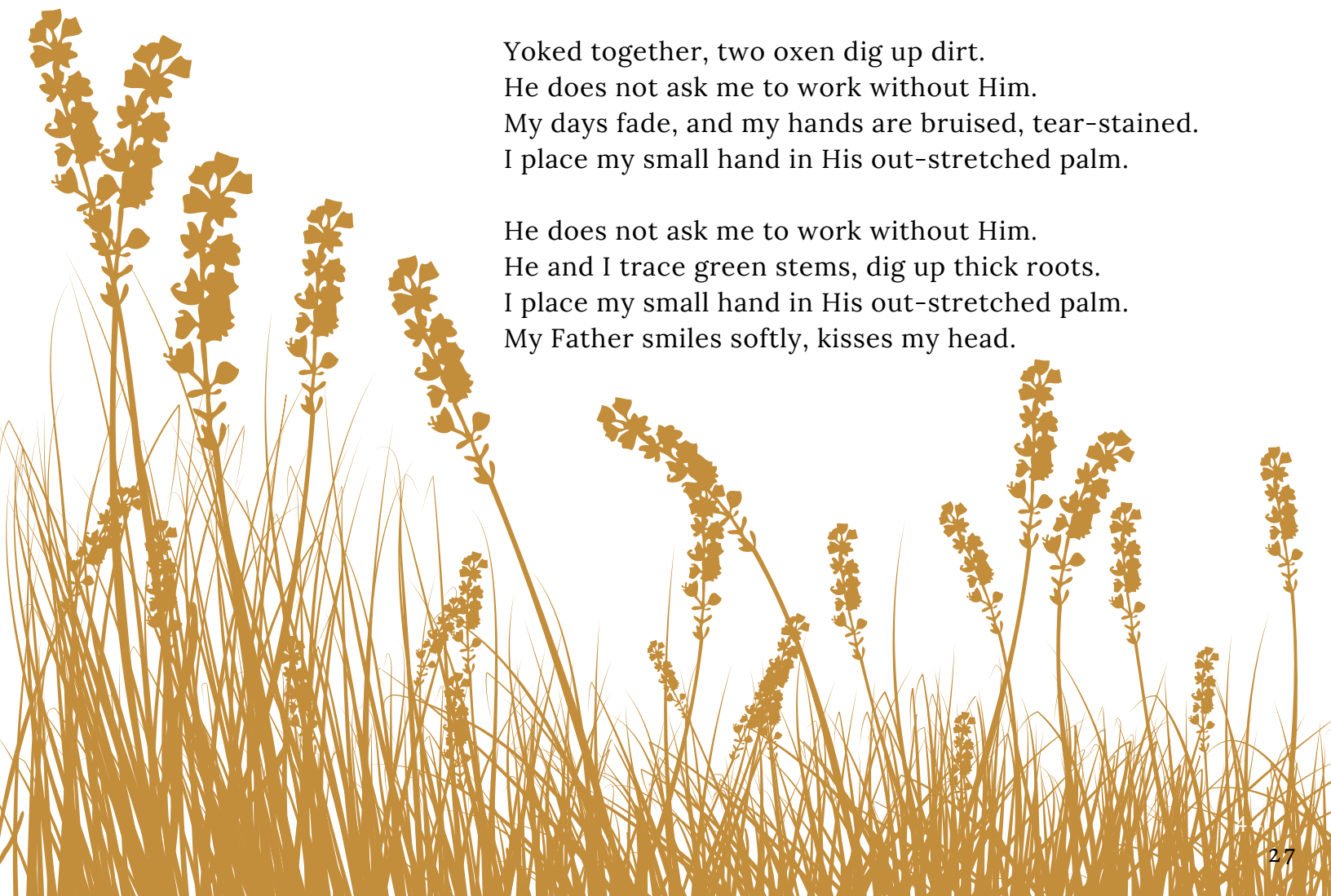
He and I trace green stems, dig up thick roots.
The soil seethes, teeming with clumped, gnarled weeds.
My Father smiles softly, kisses my head.
He asks to hold me, heal me in my pain.

The soil seethes, teeming with clumped, gnarled weeds.
I let the dirt fester, feeding my rot.
He asks to hold me, heal me in my pain,
for He knows I am dust and loves me more.

I let the dirt fester, feeding my rot.
Yoked together, two oxen dig up dirt.
For He knows I am dust and loves me more.
My days fade, and my hands are bruised, tear-stained.

Yoked together, two oxen dig up dirt.
He does not ask me to work without Him.
My days fade, and my hands are bruised, tear-stained.
I place my small hand in His out-stretched palm.

He does not ask me to work without Him.
He and I trace green stems, dig up thick roots.
I place my small hand in His out-stretched palm.
My Father smiles softly, kisses my head.



Let me love you, anxious

ANGELA BLACH

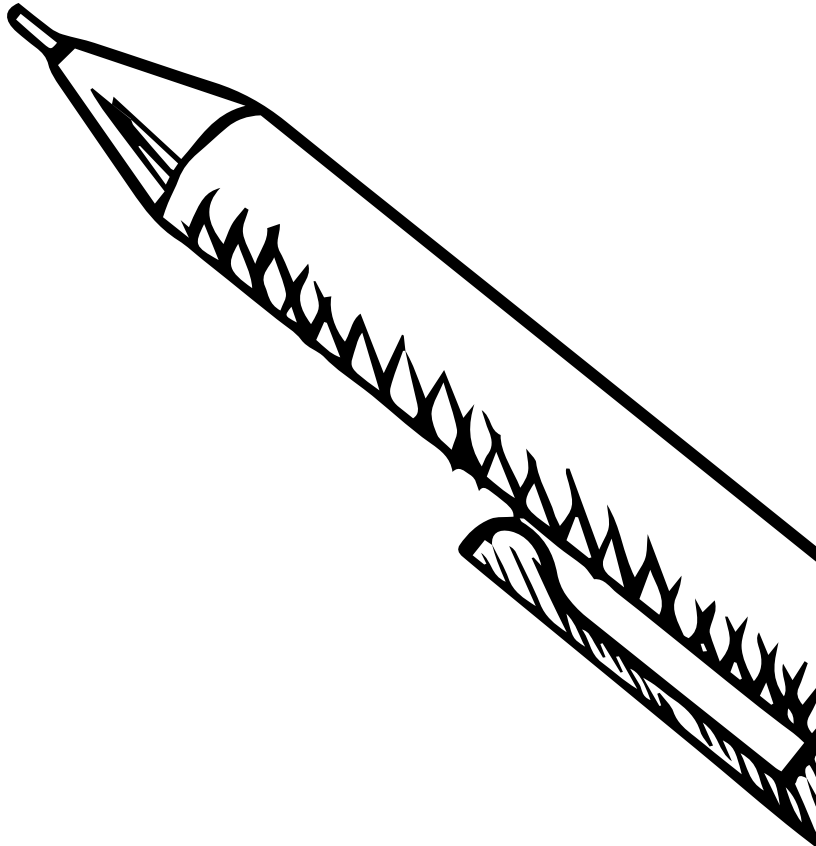
Let me care, create, console,
let my words drip, blood on skin,
scarlet points writ on the soul,
remitting, washing, rolling sin.

Let my words drip, blood on skin,
fingers trembling and waiting,
remitting, washing, rolling sin,
ear inclined and voice fading.

Fingers trembling and waiting,
carefully stated crimes,
ear inclined and voice fading,
a few times, many times.

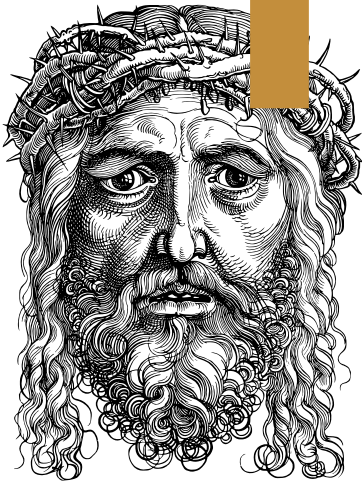
Carefully stated crimes,
I'll pronounce patience in high court.
A few times, many times,
pricked holes in my heart.

I'll pronounce patience in high court,
let me care, create, console:
pricked holes in my heart,
scarlet points writ on the soul.



This Is

BARNABAS NEY



“This is my body”
The plain bread steaming
Unclothed in the basket.
The stripped flesh of our Lord,

“This cup”
A simple chalice
A lovely libation.
Despised and rejected,

“Which is given for you.”
Food for famished fishers
Handled by hardened hands.
Buffeted, scorned by sinners.

“Poured out for you”
Passed among friends,
Communal cup with traitors.
Forgiving His killers.

“Do this”
Broken and raised-up
A simple sup’ for saints.
Raised on a crude cross,

“Is the new covenant”
The fruit of weary hands,
Wonderful in new wine.
Stretched through all time.

“In remembrance of me.”
United in a meal.
Shared in thanksgiving.
Bridging death in death.

“In my blood.”
Drunken by dull hearts
Wearied by its effect.
His blood dripping to the ground.

MAN-MADE

NOLAN TOSCANO



There are man-made gods,
And men made gods.

There is Apollo and Ares and Anubis,
And Inti and Iris and Isis.

There is Zeus and Odin and Horus
And there is Fenrir, and Hades, and
Cronus.

There is Ixchel and Ixtab and Itzel,
And Quetzalcoatl and Xochiquetzal.

There is Nero and Caesar and Stalin,
And Tito and Hitler and Lenin.

There is ideology and influence,
and pleasure, and affluence.

These are man-made gods,
And men made gods.

Lest we forget that God made man,
And when God was made Man.

BEHOLD, THE TRUTH

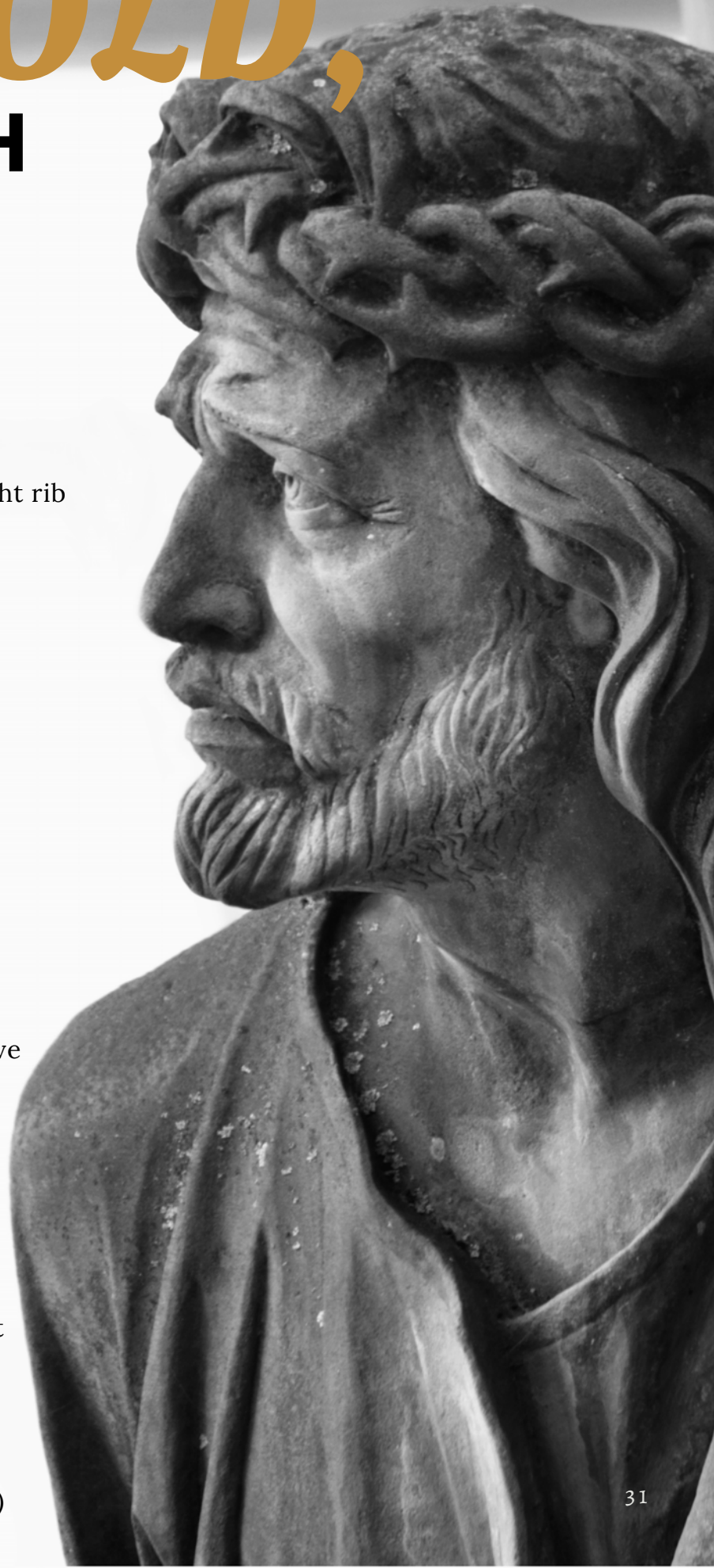
EMILY MILLAN

BEHOLD, THE TRUTH

You are not here
And I refuse to believe that
You are with me
Because in this quiet space
Between my left lung and my fourth right rib
There is emptiness
And it's a lie when they say that
You love me
Because I know that
I am unloved
Behold, the lie that says
You forgive me
Because I know that
I am undeserving of mercy
Behold, the lie that says
You are with me
Because I know that I am forsaken
Behold, the lie that says
You are God
Because
The brokenness I have come to believe
Is so much bigger than
The truth
Within my hollowed soul
The silence
Is overwhelming
Your whisper
I can hear You
Sweetly into the cracks of my heart
You say

BEHOLD, THE TRUTH

(to be read forwards and backwards)



BIOGRAPHIES



Laura Bell

Laura is first and foremost a beloved daughter of Christ, second, a daughter of the Bell family, and third, a student of the Arts. This June, she will be graduating from Ryerson University with a Bachelors in Radio and Television of the Arts: Media Production.

Now, as she finishes her education, she is beginning a new chapter in her life by helping Transcententials; a community in which she can fully engage and combine her two true passions in life: her love for Jesus Christ, and her love for creating art.



Anegela Blach

Angela is a student at the University of Calgary studying history and education. She is a student leader for the St. Francis Xavier Chaplaincy's UCalgary branch. She enjoys writing poetry to express what Jesus has done and is doing in her life.



Tyler Brooks

Tyler is a faithful Roman Catholic, student at heart, and passionate nerd. After recently obtaining an Honours Bachelor of arts with a major in History and minor in Political Science at UOttawa, he is now in the Master of Divinity program at St Paul University. He can be found reading history books, hanging out with his friends, and probably discussing theology.

BIOGRAPHIES



Bethany Lau

Bethany Lau is many things: a psychology student, a missionary disciple, an amateur artist and poet, but she receives all that she is from the gaze of Jesus, her soul's first love. She is captured by the mysterious beauty of life, the human person, the heart of God, and her creations are born from these moments of encounter. She has a passion for ministering to hearts and loves nothing more than a good spiritual conversation. Her dream is to raise up great saints for the renewal of the world, so that everywhere Jesus would be known and loved.



Mary Ma

Mary is a Psychology and English undergraduate student at Mount Royal University in Alberta, Canada. Her greatest love is the Eucharist. Her greatest passion is to know, serve, and love her good Father, and to listen to the Holy Spirit in art. She writes to seek God in truth, beauty, and goodness, and to reveal Him to others, for that was how He revealed Himself to her.



Emily Millan

Emily is a born, raised, and chosen Catholic whose missionary zeal has taken her across both Australia and Canada. She is a seasoned evangelist, and has served with NET, CCO, and various other ministries in her mission to see hearts return to the Lord. She is unashamedly in love with the Eucharist, dancing barefoot, sunshine, and the ocean.

BIOGRAPHIES



Barnabas Ney

Barnabas is a beloved beggar of the Most High King. He enjoys adventuring in the wilds of his native Vancouver Island, but is even more excited to be serving Christ and His Church as a campus missionary for Catholic Christian Outreach. While he holds an MA in Economic Policy, his real joy is in pursuing and contemplating beauty and its One true source.



Angela Roelands

Angela is a child of God and a child at heart living on the home farm in Southwestern Ontario while studying theology online via distance education with the Augustine Institute. While being a student is her main occupation, arts, crafts, reading, and writing are among her many interests and talents. She has had a various array of different jobs but aspires to teach in some respect someday.



Sarah Taliun

Sarah is a genetics professor with many interests in addition to studying DNA. She and her husband now call Montreal home. When she is not reading a scientific article or meeting with students, Sarah can be found experimenting with new recipes in the kitchen, reading Bible passages, or on a hike with her husband.

BIOGRAPHIES



Joshua Terpstra

Joshua was raised in Belleville, Ontario, where he was received by a loving Catholic community in some of his formative years. His years in youth ministry coincided with a developing love of the arts, both in the theatre and in his sketchbook. Since beginning his studies at the University of Ottawa in 2017, not only has he found a community where he has been able to thrive, he has been led to travel across the world to Singapore, Cameroon, and Mexico to serve and to learn. As he finishes his psychology and theatre degree, he is teaching visual arts, drama, french, and english to elementary students at a private Catholic school.



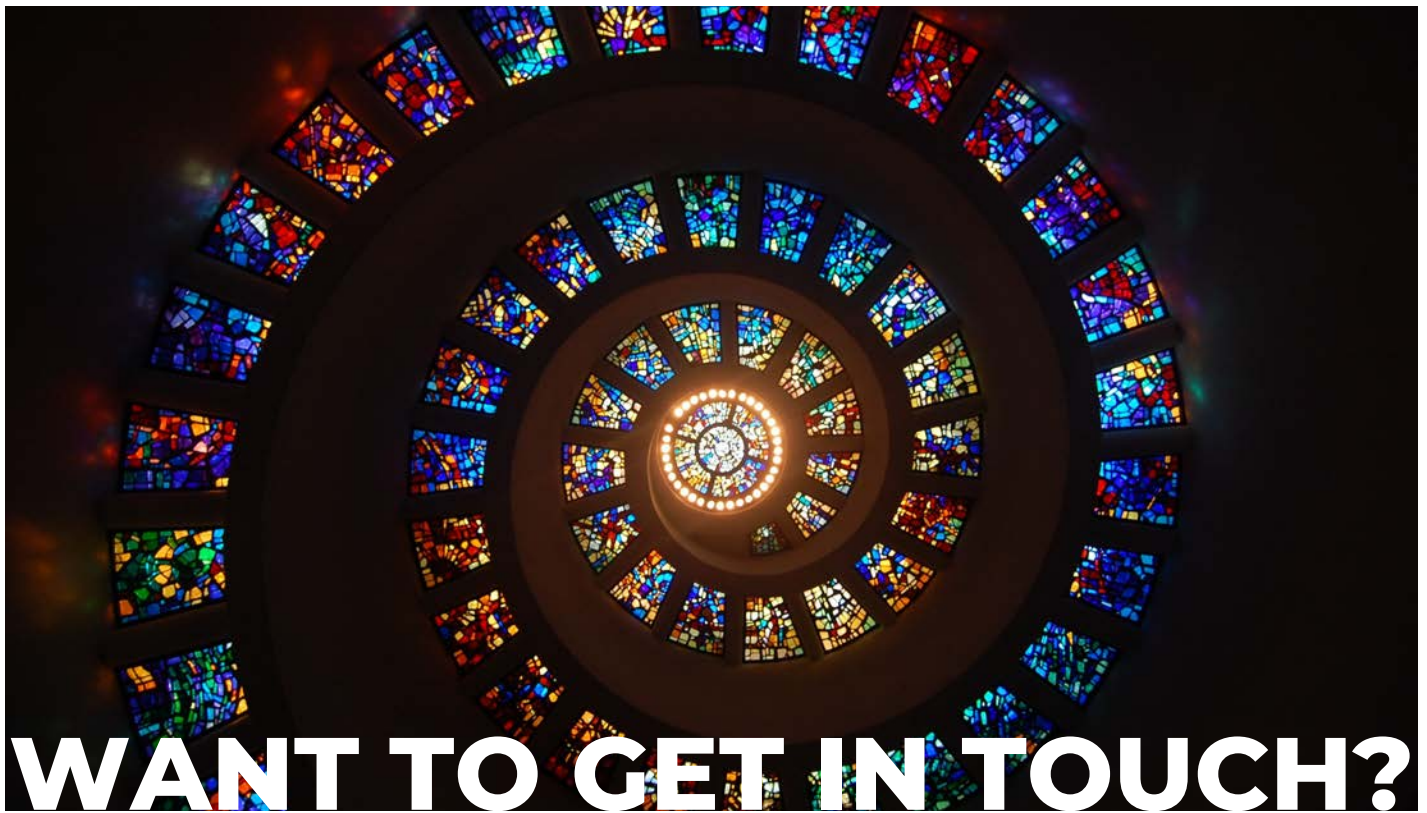
Nolan Toscano

Originally from Pickering, Ontario, Nolan has a passion for history, writing, mixology, and puns. A jack of all trades, he has done everything from life-guarding to landscaping, professional cooking to political staffer, youth camp counselor to long-term care social worker. Currently, he serves as the Mission and Discipleship Director for St. George's Parish in Ottawa, Ontario. You can find him pondering life's silly paradoxes, exercising, engaging in debate, and above all, pursuing the Love of his life: Father, Son, and Holy Spirit.



Irena Vélez

Irena is a passionate Ottawa-based artist working mainly in watercolour. Her art inspiration and ideas come largely from her Catholic faith and her desire to share it with others. When Irena is not painting, she is either at church, reading a good book, studying journalism and history, training in martial arts, or spending time with family and friends.



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