



“For the body is not one member, but many.”
(1 Corinthians 12:14)

Daily prayers w/c 11th March 2024

Prepare for Prayer...

- Be still
- Let's take a moment of silence before we begin.



The 'Word'

Monday 11th March

4th Week of Lent: CARING FOR OTHERS

CST Theme:
Preferential Option
for the Poor

Time to pray...let's gather....

Our Catholic Life calendar: w/c 11th March



Our theme for the week: Caring for Others

Other Faiths and Cultures

10th March (evening) to 10 April - RAMADAN Muslim

Ramadan is the 9th month of the Islamic Calendar, when the Prophet received the first revelation of verses of the Qur'an. It is the holiest month for Muslims, and they dedicate themselves to spiritual renewal, prayer and intensive devotional reading of the Qur'an. During the month of Ramadan Muslims are required to fast from daybreak until after sunset. After the custom of the Prophet, the fast is traditionally broken each evening by taking dates and water.



What's on this week in Chaplaincy.

Thursday – **Mass** in the
Chapel at 12.45pm

Friday – **Youth SVP Group** –
in the Chapel at 12.45pm

Thursday 14th March –
**Confessions are available in
school, please call into the
Chaplaincy office to book a time.**

Hail Mary,
full of grace,
the Lord is with thee.
Blessed art thou
amongst women,
and blessed is the
fruit of thy
womb, Jesus.
Holy Mary,
Mother of God,
pray for us
sinners now
and at the hour
of our death.
Amen

Our Father, We offer
you all of our
thoughts, words and
actions,
Joys and sorrows
today.
We ask Mary our
mother, to present our
offerings to you,
through Jesus Christ
our Lord, Amen.



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The Gospel from Sunday – John 3:14-21

Jesus said to Nicodemus: "Moses lifted up the snake in the desert. It is the same with the Son of Man. The Son of Man must be lifted up too. Then everyone who believes in Him can have eternal life. For God loved the world so much that he gave his only Son. God gave his Son so that whoever believes in Him may not be lost, but have eternal life. God did not send His Son into the world to judge the world guilty, but to save the world through him. He who believes in God's Son is not judged guilty. He who does not believe has already been judged guilty, because he has not believed in God's only Son. People are judged by this fact: I am the Light from God that has come into the world. But men did not want light. They wanted darkness because they were doing evil things. Everyone who does evil hates the light. He will not come to the light because it will show all the evil things He has done. But He who follows the true way comes to the light. Then the light will show that the things He has done were done through God."

Understanding the Gospel:

Jesus taught Nicodemus about salvation, drawing a parallel to Moses' act in the wilderness, emphasising the necessity of the Son of Man's sacrifice for eternal life. He highlighted God's immense love and the offering of His only Son to save, not condemn, the world. Belief in the Son is the path to salvation, whereas rejection results in condemnation. The choice between light and darkness symbolises the decisive nature of accepting or rejecting Jesus, with true followers naturally drawn to the light, showcasing lives lived in accordance with God's will.



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Seasons Tuesday

Tuesday 12th March

4th Week of Lent: CARING FOR OTHERS

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Part of our Lenten journey is about caring for others, this includes those who are close to us and those who are strangers. Watch the short film which gives ideas of what this means to both young children and young adults.

<https://www.youtube.com/watch?v=UeAv4Be55F8>

There is an interesting idea at the end of the clip – that if everyone at school could care for those around them, that this could eventually change the society in which they live.

DO YOU THINK THIS IS POSSIBLE?

Let us pray

Bless our beautiful land, O Lord,
with its wonderful variety of people,
of races, cultures and languages.
May we be a nation
of laughter and joy,
of justice and reconciliation,
of peace and unity,
of compassion, caring and sharing.
In the name of our Lord Jesus Christ.
Amen.



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Wednesday Saints

Wednesday 13th March
4th Week of Lent: CARING FOR OTHERS

CST Theme:
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for the Poor

Friday 15th March is the Feast day of St Louies de Marillac,

Louise is an important saint to our Academy Trust as she knew St. Vincent de Paul and founded a religious order known as the Daughters of Charity. At St Mary's and in many of our Trust primary schools we have groups of students who continue the work of both these saints – the Youth SVP and the Mini Vinnies.

After her husband's death in 1625, she met St. Vincent de Paul, who became her spiritual adviser. She devoted the rest of her life to working with him. She travelled all over France establishing her religious order in hospitals, orphanages and other institutions. By the time of her death in Paris in 1660 the order had more than fifty houses in France. Since then, they have spread all over the world and the works continues today.



What do you think?

How can you help the poor in our society?

SAINTS FUN FACTS

by John Sheppard

St. Louise de Marillac was born in France in 1591. She met St. Vincent de Paul and he became her spiritual advisor. She helped direct the Ladies of Charity, caring for the poor and neglected. She helped form the Daughters of Charity of St. Vincent de Paul and took her own vows in 1634. By the time of her death the Congregation had more than fifty homes in France.



Wednesday Saints

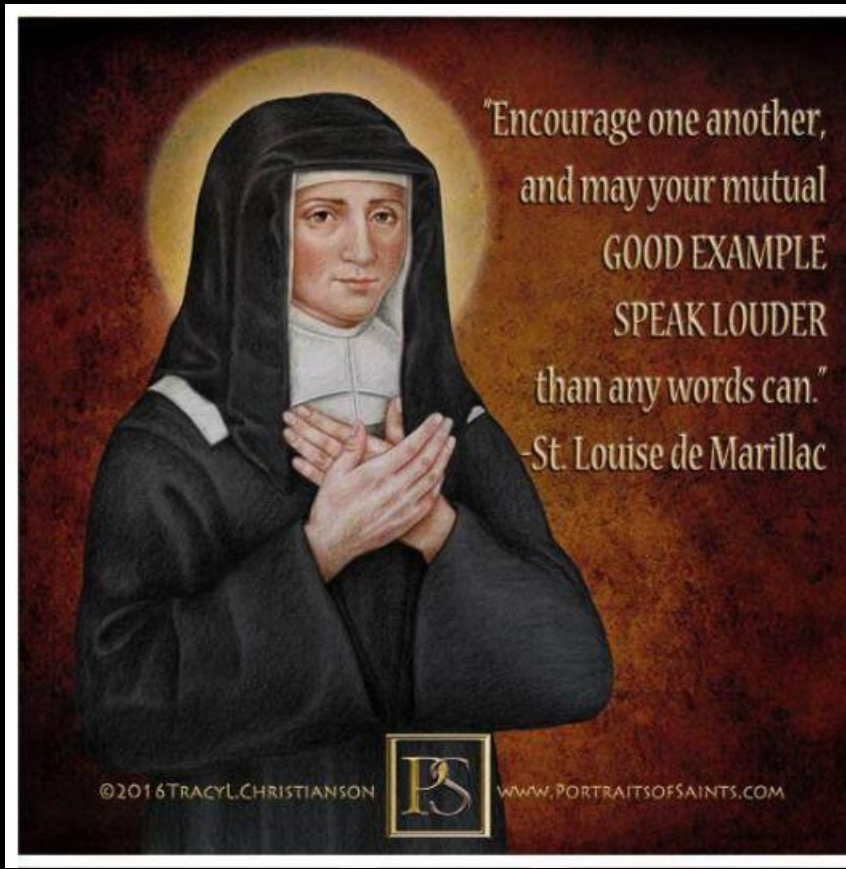
Wednesday 13th March
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Louise died on 15 March 1660
and was canonized in 1934.

Louise is the patron saint of sick
people, widows and orphans.

Pope John XXIII proclaimed her
the Patroness of Social Workers
in 1963.



We ask St Louise de Marillac to
join her prayers with ours as we
pray today....

Dear God
As we begin this day:
help us to be loving to
everyone we meet;
help us to be honest in
everything we do;
help us to be caring
whenever we see a need;
help us to be compassionate
with anyone who is suffering.

Dear God,
help us to be more
like Your Son, Jesus Christ,
in whose name we pray.
Amen.

**What's on this
week in Chaplaincy.....**

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CST Thursday

Thursday 14th March

4th Week of Lent: CARING FOR OTHERS

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Let us pray ...

**Dear God,
Help us to care for the people
You place in our lives.
Please show us how to empathise with
others and how to approach all
relationships with compassion and grace.
Lord, we want to help others
when they need it,
please guide us to do this in Your name.
Amen**

This week's theme is Caring for Others, let us remember the example that Jesus gave us when he saw that people were hungry.

"Then he ordered the people to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. They all ate and were satisfied." From Matthew's Gospel

As we continue with our Lenten challenges this week why not try:



FASTING FROM

Fast from despair

**Fast from lethargy
and boredom**

Fast from anger

FEASTING ON

: Feast on hope

: Feast on enthusiasm

: Feast on patience

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Examen Friday

Friday 15th March

4th Week of Lent: CARING FOR OTHERS

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The Examen

Lent is a time when we try again to redirect our lives to love God more deeply. We are now used to how we pray the Examen so during Lent we will reflect a little more deeply on what we have done and ways we can improve. On the next slide we take a moment to reflect while listening to the music.

Praying the Examen in Lent



A time to REPENT



*Be kind and compassionate
to one another,
forgiving each other,
just as in Christ
God forgave you.*

--Ephesians 4:32

Examen Friday

Friday 15th March
4th Week of Lent: CARING FOR OTHERS

**CST Theme:
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Give thanks:

What has happened to make you feel blessed? Take a moment to give thanks to God for providing you with these blessings



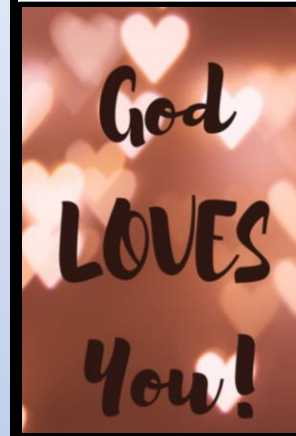
Prepare for prayer.

We take a moment to pray the Examen together. Place your hands together, you can put your head on the desk if you wish! As you listen to the song reflect on the five stages .



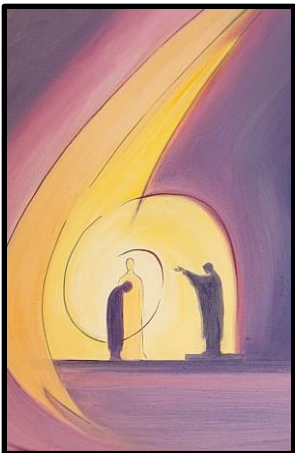
Resolve to change:

Ask God to guide you by placing all your concerns, dreams and plans in His hands, knowing and trusting in His plan for your life. Pray that this Lent you will learn to listen to Jesus.



Ask for light:

Be aware of God with you now and ask to become more conscious of His presence in your daily life.



Examine the day:

Be honest about your day. Ask the Holy Spirit to help you to recognise when you didn't live God's plan for your life, when made the wrong choice, or hurt someone by your actions...



Seek forgiveness:

Ask God for forgiveness, for the strength and grace to say sorry, to change, to be less selfish. Ask for the wisdom to find a way to better handle such challenging moments in the future.

