



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

Daily prayers w/c 18th March 2024

Prepare for Prayer...

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



The 'Word'

Monday 18th March
5th Week of Lent: HOLY WEEK

CST Theme:
**Preferential Option
for the Poor**

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

Our Catholic Life calendar: w/c 18th March



Our theme for the week: Holy Week

Other Faiths and Cultures

21 March – Zoroastrian - JAMSHEDI NORUZ

Zoroastrian is one of the world's oldest organised faiths, it is based on the teachings of the Avesta and the Iranian prophet Zoroaster. NoRuz (New Year's Day) occurs on the first day of spring. It represents the resurgence of life and the symbolic victory of the forces of light over darkness. New clothes are worn, and gifts and prayers offered at the Fire Temple to seek blessings from Ahura Mazda, and to participate in a jashan or thanksgiving ceremony.



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

**We will be welcoming all
year groups to our Lenten
services on Thursday and
Friday this week.**

Glory be
to the Father,
and to the Son,
and to the
Holy Spirit.
As it was in
the beginning,
is now,
and ever shall be,
world without end.

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.



The 'Word'

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The Gospel from Sunday – John 12:20-33

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

Understanding the Gospel:

When some Greeks sought Jesus during Passover, He spoke of His impending death, likening it to a grain of wheat that must die to produce many seeds. He emphasized self-denial for eternal life and the honour given to those who serve Him. Jesus, troubled, chose to glorify God's name over seeking rescue. A divine voice affirmed this, leading to varied interpretations among the crowd. Jesus explained His crucifixion would judge the world and draw all to Himself, revealing the nature of His death.



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Seasons Tuesday

Tuesday 19th March
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Let us pray

Loving God,
Give us joy in our hearts as we
shout Hosanna,
welcoming Jesus our King with palms,
celebrating all that we hope for
as the Easter story unfolds.
Then, as the journey of Jesus turns
towards Good Friday,
help us know that you are with us when
the celebration turns to sadness.
Give us the faith we need to follow
You on the way of the Cross,
which leads to life.
Amen.

Because this week is our last before the Easter break, we will be commemorating the events of Holy Week, however in the Church these do not actually start until Sunday when it is Palm Sunday.

Here is a short explanation of some of the events of Holy Week:

https://www.youtube.com/watch?v=HugMM_3FfnI

Take a moment to consider what it would have been like to be part of the crowd – welcoming Jesus into Jerusalem. The atmosphere would have been very exciting, he was a big celebrity, everyone was talking about him being the messiah.



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Wednesday Saints

Wednesday 20th March
5th Week of Lent: HOLY WEEK

CST Theme:
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On March 19th we observe the Solemnity of St. Joseph, husband of Mary, which means that it is a very special feast day. This day is dedicated to honouring the silent, steadfast guardian of the Redeemer and the faithful spouse of the Blessed Virgin Mary.

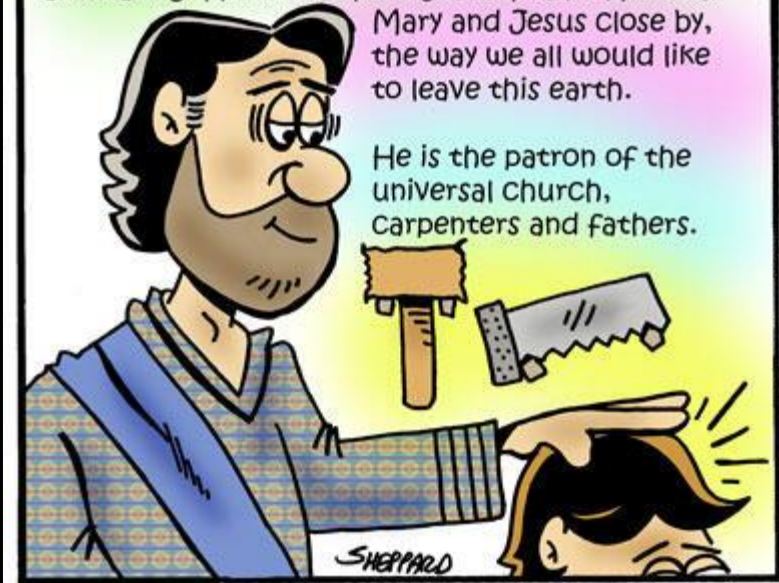
St. Joseph's life, though humbly presented in the Gospels with few words, embodies the essence of trust, obedience, and unwavering faith in God's plan. As the foster father of Jesus, St. Joseph's role was pivotal not only in the Holy Family but also as an example to all Christians. His life reflects the virtues of righteousness, patience, and dedication—qualities that speak volumes to the faithful across ages.

St. Joseph's ability to listen to God in the silence of his heart, to act with humility and discretion, and to place the needs of Mary and Jesus above his own desires, offers a timeless model of fatherly love and spiritual leadership. Through his life, Joseph, the Husband of Mary, teaches the faithful the value of silent obedience to God's will, the dignity of work, and the profound importance of family in the divine plan.

SAINTS FUN FACTS by John Sheppard

A Carpenter, a humble man, loving husband and a father. Without question, he heeded God in his dreams to save his family. He respected God and followed his commands. He was also compassionate and caring. He died before Jesus' public life with Mary and Jesus close by, the way we all would like to leave this earth.

He is the patron of the universal church, Carpenters and fathers.



St. Joseph

Could you find a quiet time during each day to spend in prayer – listening to what God wants you to do? How difficult is this?

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The quiet dignity with which St. Joseph carried out his duties, both as a provider and protector of the Holy Family, speaks volumes to the modern faithful. In an age often marked by noise and haste, Joseph's example encourages a counter-cultural embrace of silence and contemplation, inviting individuals to listen more attentively to God's voice in their lives.

**We ask St. Joseph to add his prayers to ours
as we pray today.....**

**God our Father,
Your love for our world and
for each of us individually,
is so great that You sent Jesus,
Your Son, to live fully as one of us.
May He lead us to live in peace
and to work well with each other
to build Your kingdom in our world,
which You love so much.
May Your Spirit unite us,
and lead us to appreciate and
value all who are
different from ourselves.
Amen**

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CST Thursday

Thursday 21st March

5th Week of Lent: HOLY WEEK

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Let us pray

As we wait, we ask for God's blessing:

Lord bless us this Easter time:

**Bless us with faith, guard us in doubt;
Bless us with hope, uplift us in despair;
Bless us with love, keep us from harm;
Bless us with peace, calm us in trouble;
Bless us with mercy, help us forgive;
Bless us with joy, comfort us in sorrow.
So our hearts may rejoice,
as we wait for Your coming again
as our Risen Lord.**



After Jesus is crucified on the cross, we have a time of waiting, a time of quiet and stillness, a time when we know that all is about to change as our Lord rises again.

We take this time to consider those who do not have what we have, those less fortunate and to remember our Catholic Social Teaching focus for this half term has been 'preferential option for the poor' which means that we think first about the needs of those who are the most vulnerable. Jesus taught that when we feed the hungry, welcome the stranger, clothe the naked, look after the sick and visit those imprisoned, we are looking after Him. We believe in putting people in most need first.

This week why not try:

FASTING FROM

Fast from pessimism

Fast from worry

Fast from bitterness

FEASTING ON

Feast on optimism

Feast on trust

Feast on forgiveness

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Examen Friday

Friday 22nd March
5th Week of Lent: HOLY WEEK

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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

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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



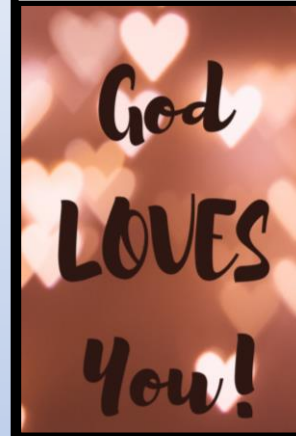
Prepare for prayer.

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 .



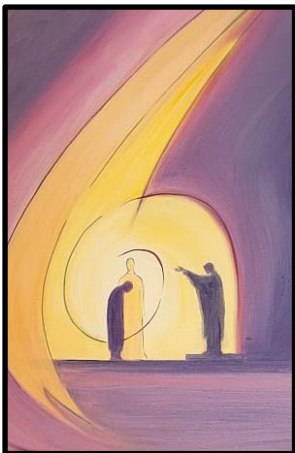
Resolve to change:

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.

