

Chaplaincy Newsletter February 2018

*From Darkness you brought us into light
From fear you set us free
From sin and death you redeemed us
From despair you brought us hope
From loneliness and alienation you brought us into friendship
From brokenness and pain you call us into wholeness
From anguish and anxiety you promise us peace
You Lord are the God of my salvation
Where would I go Lord except to You*

In his book 'Begin with the Heart' Daniel O'Leary writes that part of what we do is to help pupils see the signature of God written in the events of our lives. To do that we need to first be aware of that signature in our own lives. During Lent we are busy organising events for others let's remember to stop and make time for our own prayer along the way as well.

Suggested Activities for Lent

These could be used by Family but could equally well be done in school

During each week of Lent try at least one of these activities:

- Make time once a week to sit together; ask everyone to talk about one thing that made them happy during that week. If you want you could make a display of these things with photographs or pictures. You could then thank God for these happy times. In a similar way you could share one thing that made you sad anxious or afraid. Try to talk about why you feel that way and then ask for God's help.
- Look at a newspaper together as a family. Identify one group of people who need help and decide one action the whole family could do together to make a positive difference. (make it something that everyone can do)
- If you have access to the internet check out the work of Mission Together at <http://www.mission-together.co.uk> decide on some practical ways you could help.
- Decide to not watch TV for at least one hour a week when you normally would; during that time do a family activity like play a game (the old fashioned kind not computer) or go for a walk then remember all those people who don't have access to technology
- During one day make a chart of all the times each person uses water, washing, drinks, etc remember or find a little more out about the number of people who don't have clean water. **World water Day is 22nd March.** The theme for World Water Day 2018 is '[Nature for Water](#)' – exploring nature-based solutions to the water challenges we face in the 21st century. 1.8 billion people use a source of drinking **water** contaminated with faeces, putting them at risk of contracting cholera, dysentery, typhoid and polio. Try to find out more about this and possible solutions by looking at worldwaterday.org

- When we eat food try to make an effort to remember where our food comes from. Remember those in the world who go hungry. Perhaps as a family you could say grace, that is to thank God for all we have. A simple one might be: ***“Lord thank you for the food we eat. Help us remember to help those who have less than we do. Amen”*** Or just say your own words.
- Everyone draws around their own hands. On each finger/thumb write one thing we can do to help others. If you can put them on a poster called Helping Hands and display it in your house.
- Sit together as a family everyone names someone they think needs help and then pray for that person by just saying Please God help ...and name the person or write the names on a piece of paper and fold into a loop. Put all the loops together to make a chain and then everyone holds the chain and thinks about or prays for the people in the chain
- Each person in the family should make an image or symbol of themselves. The symbols get passed round and everyone has to say something positive about the person whose symbol they are holding
- If you have a computer look at <http://picturemyworld.cafod.org.uk/> and talk together about what it must be like to live in that country.

In School only

- **Try saying the Angelus one day a week**

The Angelus has a long history in the church it recalls Mary's response to God's call. It reminds us that if we say yes to God then God working in us *“can do more than we can dream or imagine”*. If we use this prayer **then it must never become routine**, and you can't compel a response. You can ask students to reflect on the words and to ask what is it God is calling me to do with my life. Many young staff may not be aware of the prayer and you would need to explain to them why we are using and its meaning. Stress the following:

- Traditionally during the day, we stop and remind ourselves of the presence of God in our lives and of His love for us.
- During the middle ages the midday prayer began after a bell had been rung. The bell was called the peace bell and people were asked to let go of any anger they might be feeling, to put aside hatred and to ask have I lived this morning in the way God wants? What will I take into the afternoon?
- The prayers reflect the story of Mary. Frightened and young she was asked to respond to God's Call. Because she did, Jesus became present in our world. We too are asked to respond to God's call to be witnesses to the presence of Christ in our world.
- The entire school pausing in prayer is in and of itself a witness to the presence of Christ in our midst.
- Even if you don't believe in God it is good to stop and pause and think through your actions and words during the day.

Two versions of this prayer are attached to the end of the newsletter the traditional version and a more modern reinterpretation. You could ask students themselves to write their own reflection given the meanings we are trying to convey.

- **Two Crosses:** Have pupils cut out their own crosses from cardboard like a cereal box. (Two crosses each) on one cross cut out and stick on (or draw) images of all the good things in our lives. Food, clean water, family, friends, a home, being safe, school etc We use this cross during Lent to thank God for all the good things in our lives. On the

second cross we cut out and stick on the problems other children face. Being a refugee, no home, no clean water, being caught up in violence or war etc. We use this cross to pray for those who have less than we do and on the back of this cross we write our promises about the way we help to change the lives of others in Lent.

- **Sacrifice Beads:** As a child, St. Therese had “sacrifice beads,” which was a small string of beads to help her count the “presents” she offered to God. Each time she would make a sacrifice such as letting someone else have their way, St. Therese would secretly reach into her pocket and add a bead onto the string. To make these beads look on <http://thelittleways.com/how-to-make-sacrifice-beads> (you don’t need all the things they suggest just take the basic idea and adapt)



Primary Leavers Masses 13th and 14th June 2018

Instructions for this are in the Primary Newsletter. Please note our offertory theme this year is: Building the Kingdom of God This is to support the Diocesan theme of Mission. For the offertory schools should write a one sentence explanation of how they have supported this theme during the year and make a symbol of this that pupils can bring up at the offertory. In thinking about this theme schools could mention: any charity work they have done, any work to support justice - for example supporting refugees or any work they may have done to promote peace in our society. Can I ask that the sentence you have written and details of the symbol you have chosen MUST be sent to graham on graham.tiley@cliftondiocese.com by Friday 25th May at the very latest.

Resources

- Journeying with Jonah: The Struggle to Find Yourself by Denis McBride C.Ss.R.. This book which costs £9.95 is available from Redemptorist Press and is highly recommended for personal reflection.
- Corporal Works of Mercy by Mg. Richard Atherton intended for pupils. £2.50
- Lent Extra 2018 from Redemptorist press. Lent Extra 2018 has the theme, “Be with me”. Its writers reflect on turning points in their lives. The magazine offers children an opportunity to learn more about the meaning of our Lenten journey. Discounts available for bulk orders. See the Redemptorist publications site for further details. Please note this is intended for older pupils.

Share the Journey

We explored this at our last chaplaincy day with the help of Cafod. Every school in the diocese should be supporting this global event. Full details are available on the Cafod website together with resources and fact sheets. Go to <https://cafod.org.uk/Campaign/Share-the-Journey> for information.

Cafod writes “War, persecution, natural disaster and poverty force millions of people from their homes. Most come from poor countries and seek safety in poor countries nearby. We cannot turn away. These are human beings, with hopes, fears, desires and stories to share, just like each one of us. **The Church worldwide is committed to sharing the journey of people on the move.** World leaders must be moved to do the same as they negotiate two global agreements on refugees and migration between now and autumn 2018. **Inspired by Pope Francis’ special concern for migrants and refugees, we invite you to join the Share the**

Journey campaign. Alongside Catholics worldwide, we call on governments to agree on two global ‘compacts’ which place the human dignity of people on the move at their heart.”

18-24 June A week of action for Share the Journey. (Please do not plan an event for the 21st June – see below)

During this week all schools should aim to organise a pilgrimage walk. Please share the walk with another school if possible. If there is demand I am happy to organise walks at Prinknash and Glastonbury but I need to know by the end of February.

Pupil Chaplaincy

The materials I used in this years in this year’s pupil training will be on our website from Easter. If your group has not yet organised a session for training chaplains please feel free to contact me to arrange training.

Assisi: 2018 - Saturday 27th to Tuesday 30th October

This trip is definitely running and we have booked places however you can still join in if you wish.

The costs include:

1. Dinner, Bed and Breakfast including wine with Dinner;
2. Transport to and from Rome Fiumicino Airport
3. A guided tour of the main Basilica
4. Our guide for the trip
5. All handouts etc.

To confirm your place on the trip please register with Jenny Fitzgerald (jenny.fitzgerald@cliftondiocese.com) asap.

Wednesday 28th March Chrism Mass. This year some schools are in school for the Chrism mass. If you are please consider bringing a group of pupils to the Chrism Mass especially if you are in the Bristol area. This is a wonderful opportunity to share in the life of the diocese. (KS2 pupils and above).

Advance Notice

21st June will be a Day with Bishop Declan for all Chaplains.

Many thanks for all you do

Ann Fowler

The Angelus: Traditional Version

Call: The Angel of the Lord declared to Mary:

Response: *And she conceived of the Holy Spirit.*

Hail Mary, full of grace, the Lord is with thee;
blessed art thou among 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.

Call: Behold the handmaid of the Lord:

Response: *Be it done unto me according to Thy word.*

Hail Mary . . .

Call: And the Word was made Flesh:

Response: *And dwelt among us.*

Hail Mary . . .

Pray for us, O Holy Mother of God,
that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord,
Thy grace into our hearts;
that we, to whom the incarnation of Christ, Thy Son,
was made known by the message of an angel,
may by His Passion and Cross
be brought to the glory of His Resurrection,
through the same Christ Our Lord.

Amen.

A different version

Call: The angel spoke God's message to Mary, she was asked to change her whole life and walk a different path

Response: though afraid she said yes to God

Hail Mary...

Call: Mary said "I am the lowly servant of the Lord:

Response: let it be done to me according to your word."

Hail Mary...

Call: And the Word became flesh

Response: Christ was born into our world
and lived among us

Hail Mary...

Call: Pray for us, holy Mother of God,
Response: that we too may respond to God's call
Let us pray.

Lord,
*We know you have a dream for our lives too
That you call us to live in a new way and walk with us
Help us too to say Yes to God's call
To live in the way you ask
To help others; to try to build your kingdom.
We make our prayer through Christ our Lord;
Amen.*