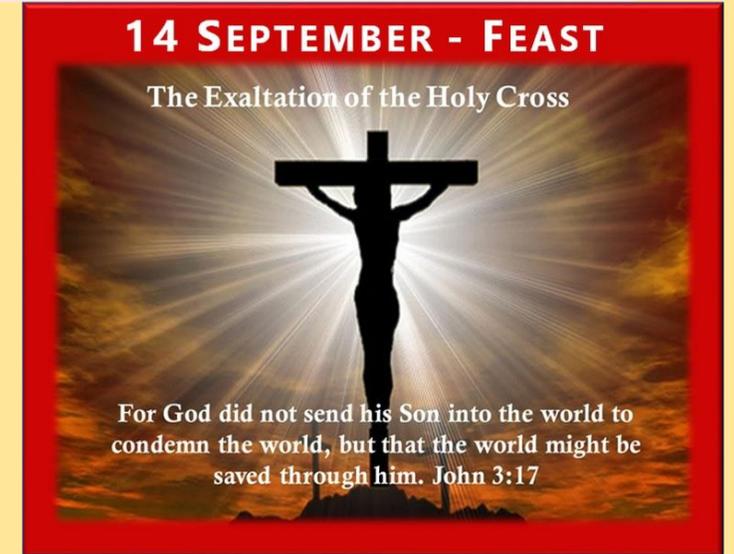


Prayer & Reflection



Week beginning: **Monday 15th September**

Feast of Our Lady of Sorrows

Catholic Social Teaching – Option for the poor & vulnerable

Battle of Britain memorial

Feast of the Exaltation of the Holy Cross

The Wednesday Word

The logo for 'Hallow' is centered within a purple square. The word 'Hallow' is written in white, with a blue circle above the letter 'o' and a horizontal line above the 'o' and 'w'.

You are invited to 10 minutes of prayer and reflection every Wednesday.

Join Jonathan Roumie (Jesus- The Chosen), Jeff Cavins, Mark Wahlberg, Chris Pratt and Gwen Stefani as we reflect on the Gospel on the day.

8am

12:40pm (First lunch)

1:30pm (Second lunch)

Venue- School Chapel.

15th September, is the feast of 'Our Lady of Sorrows', a title given to Mary which focuses on her intense suffering and grief during her Seven Sorrows.

These Seven Sorrows include:

- the prophecy of Simeon*
- the flight of the Holy Family into Egypt
- the loss and finding of the child Jesus in the Temple
- meeting Jesus on His way to Calvary
- standing at the foot of the cross when He was crucified
- holding Jesus when He was taken down from the cross
- Jesus' burial.

*The prophecy of Simeon, that a sword would pierce Mary's heart was fulfilled in these events. For this reason, Mary is sometimes depicted with her heart exposed and with seven swords piercing it.

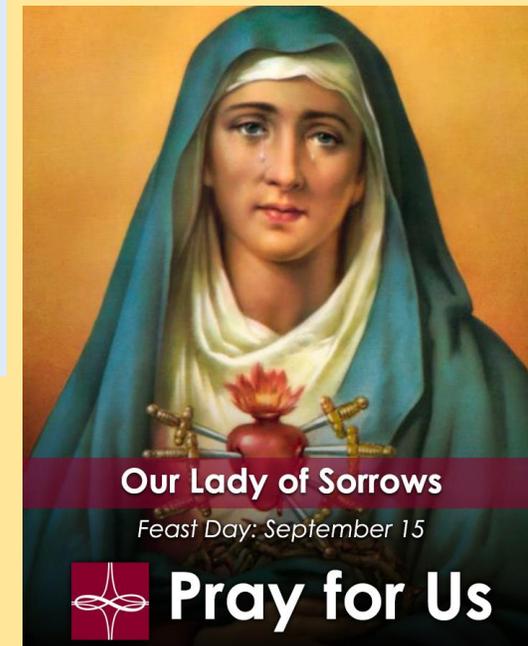


"A woman clothed in the sun, with the moon under her feet."
This is Pope Francis's beautiful meditation from *Laudato Si'* (care for our common home) in praise of the Virgin Mary as protector of the poor and Queen of creation, set to music with inspirational images from CAFOD's work.

CAFOD stands for the Catholic Agency For Overseas Development.

CAFOD is an international development charity and the official aid agency of the Catholic Church in England and Wales. CAFOD stands beside people living in poverty – **whatever their religion or culture.** Through local Church partners, we help people directly in their own communities, and campaign for global justice, so that everyone can reach their full potential. CAFOD works in communities across Africa, Asia and Latin America.

Catholic Social Teaching: Option for the Poor and Vulnerable



CAFOD
Just one world

Watch this very short video made by CAFOD called 'Queen of all Creation'.

Look carefully at the images – all taken by CAFOD when dealing with emergencies, or on the various projects they have carried out around the world

Some of the images in the video show suffering and pain. Others show new creation and joy.

Why do you think CAFOD made this film?



[CLICK FOR CAFOD FILM Queen of all creation](#)

Reflections

- Think about what the world might be like if charities like CAFOD, Red Cross and Oxfam did not exist to help the vulnerable and poor across the world.
- Reflect on, and think about actions you can make to support the poor and vulnerable in our local communities/and across the world.
- Raising money and participating in charity events is a key feature in the Catholic Life and Mission of our school.

REMEMBER = PRAYER ALWAYS HELPS!

- Always keep the poor and the vulnerable in your prayers.



**PLEASE
PRAY
FOR ME**



Prayer Before an Image of the Mother of Sorrows

O most compassionate Mother, what bitterness filled your heart when you embraced the lacerated Body of your Son with your virginal arms, pressed Him lovingly to your maternal heart, and covered Him with the tenderest kisses. I remind you of your inexpressible sorrow, and in virtue of it I beseech you to intercede for me for the forgiveness of my sins.

O Mary, my hope, have pity on me. Pray for me, a poor sinner. Carrying the wounded Body of your Son Jesus, offer Him in this condition to the Heavenly Father for me. Offer His pierced Heart, His Passion and Death, and your own immeasurable sorrows to obtain grace and mercy for me, particularly for (mention your request).

Holy Mother, pierced through, intercede for me with my Savior Crucified. Amen.

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon
them. May their souls and all the souls
of the faithful departed, through the
mercy of God, rest in peace.
Amen.



14 SEPTEMBER - FEAST

The Exaltation of the Holy Cross



For God did not send his Son into the world to
condemn the world, but that the world might be
saved through him. John 3:17

History of the Feast of the Holy Cross

The Holy Cross, particularly the True Cross upon which Jesus was crucified, holds deep religious significance for Christians. Legend says it was discovered in Jerusalem by Saint Helena, mother of the Roman Emperor Constantine, in the year 326AD.

This discovery led to the veneration of the cross and the establishment of feast days like the Exaltation of the Holy Cross.

The cross itself has evolved from a symbol of shame to a powerful symbol of Christian faith, sacrifice, and triumph over death.



In the 4th century, fragments of the Holy Cross were broken up, and widely distributed across the world. This relic of the cross is in Vienna.

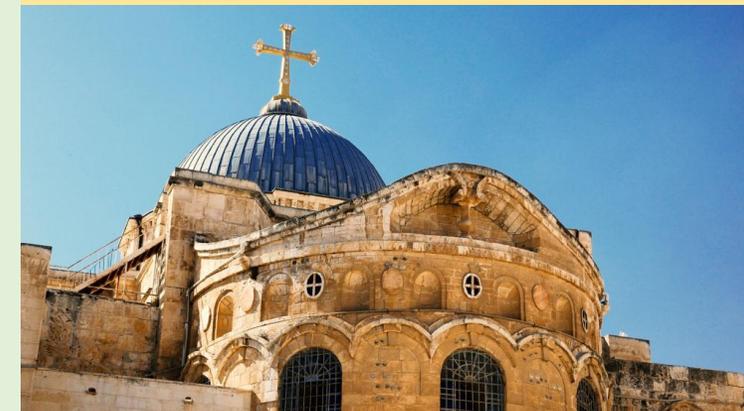
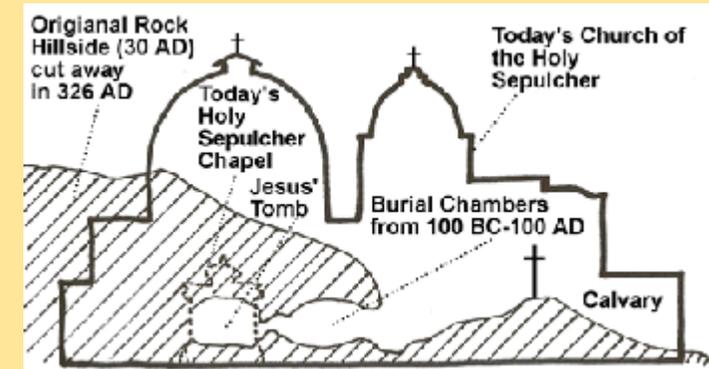
History of the Feast of the Holy Cross

In 326AD, Saint Helena was able to identify Mount Calvary and the empty tomb where Jesus was crucified and buried. At this site, she discovered three discarded and buried crosses. After an investigation, the local bishop confirmed they were the crosses used to crucify Jesus and the two thieves on Good Friday.

Since Helena did not know which cross was Christ's, she arranged for a sick woman to touch all three. The woman was immediately healed upon touching one of them, indicating that it was the True Cross.

Following the discovery of the True Cross, Mount Calvary, and Christ's tomb, Emperor Constantine ordered the construction of a church to encompass these sites and house the True Cross. The Church of the Holy Sepulchre was erected and dedicated on September 13, 335AD.

As the legend goes, the following day, Christ's Cross was brought outside the newly built church for the faithful to venerate. Thus, the first showing, or Exaltation of the Holy Cross, might have occurred on September 14, 335AD.



The Church of the Holy Sepulchre in Jerusalem

THIS WEEK'S GOSPEL READING

Exaltation of the Holy Cross

A reading from the Gospel according to John 3: 13-17

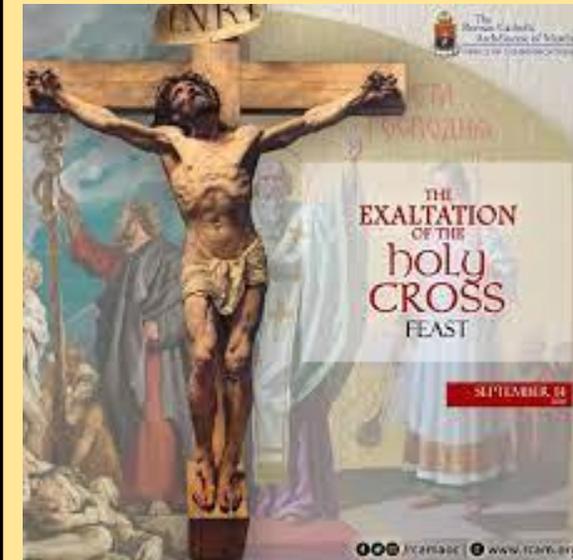
Jesus said to Nicodemus:

“No one has gone up to heaven except the one who has come down from heaven, the Son of Man.

And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.”

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

For God did not send his Son into the world to condemn the world, but that the world might be saved through him.



Reader = the Gospel of the Lord.

RESPONSE = Praise to you Lord Jesus Christ.

Explanation of this week's Gospel reading

In the gospel this week, Jesus tells Nicodemus that only he, the Son of Man, descended from and will ascend to heaven. Like Moses' serpent, he must be lifted up for people to gain eternal life. God sent him not to condemn, but to save.

Living the Cross – Every Day

1. The Exaltation of the Holy Cross teaches us how to live the message of the Cross daily. One way to do this is by embracing the little sacrifices and difficulties we face. When we have problems, we can unite our struggles with Jesus' suffering on the Cross. This helps us see our hardships in a new light. It becomes a way to grow closer to Christ and share in His love.
2. The Exaltation of the Holy Cross also calls us to trust in the power of the Cross. It is easy to feel discouraged when we face difficulties. But the Cross shows us that God can bring good out of any situation. We can trust that the Cross has the power to change us and help us grow in faith. In times of doubt or weakness, we can turn to the Cross for strength.



REFLECTION TASK

Reflect on the Word of the Week (next slide) and think about how you Live the Cross – every day.

Remember our school mission is: Be Inspired by Christ, Service to Others, and Excellence for All. Being a part of this mission and living the cross, will help you to become the best person you can be – a part of our school ethos – Excellence for All.

WORD OF THE WEEK

Though He was God,
Christ humbled Himself
by becoming a servant.
This is the glory of the
Cross of Jesus!

Pope Francis



Prayer in honour of the Precious Wounds & Sacred Heart of Jesus



**inspirati a christo
which means
Inspired by Christ**



My Crucified Jesus
I adore the wounds in thy Sacred Head
With sorrow deep and true
May every thought of mine today
Be an act of love for you

I adore the wounds in thy Sacred Hands
With sorrow deep and true
May every work of my hands today
Be an act of love for you

I adore the wounds in thy Sacred Feet
With sorrow deep and true
May every step I take today
Be an act of love for you

I adore the wounds in thy Sacred Heart
With sorrow deep and true
May every beat of my heart today
Be an act of love for you
I thank you Lord, for so much love.

St John the Apostle & Evangelist, pray for us. Amen.