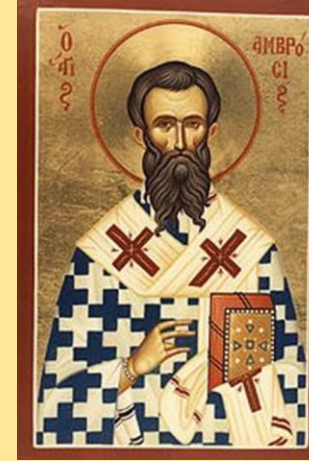
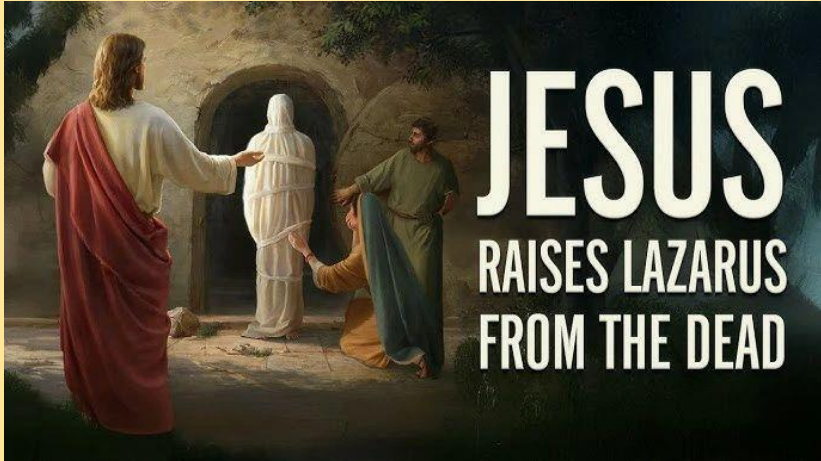


Prayer & Reflection



Week beginning: **Monday 25th March**

Theme = St Ambrose & St Clare (House Saints)

Gospel = Fifth Sunday in Lent (Year A)

The Wednesday Word

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

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.

What is the Catholic Sacrament of Reconciliation (Confessions)?

During this term all students are invited to go to confessions where you can ask for forgiveness.

If you are non-Catholic you can still go and speak with Father Emmanuel and/or Father Lawrence.

Tues 31st March = Years 9, 10 & 11 during lesson 6 LUNCH.

Our House Saints

This week we will learn more
about our House Saints
– St Ambrose & St Clare

Saint Ambrose

Ambrose was born into a Roman Christian family and grew up in Milan.

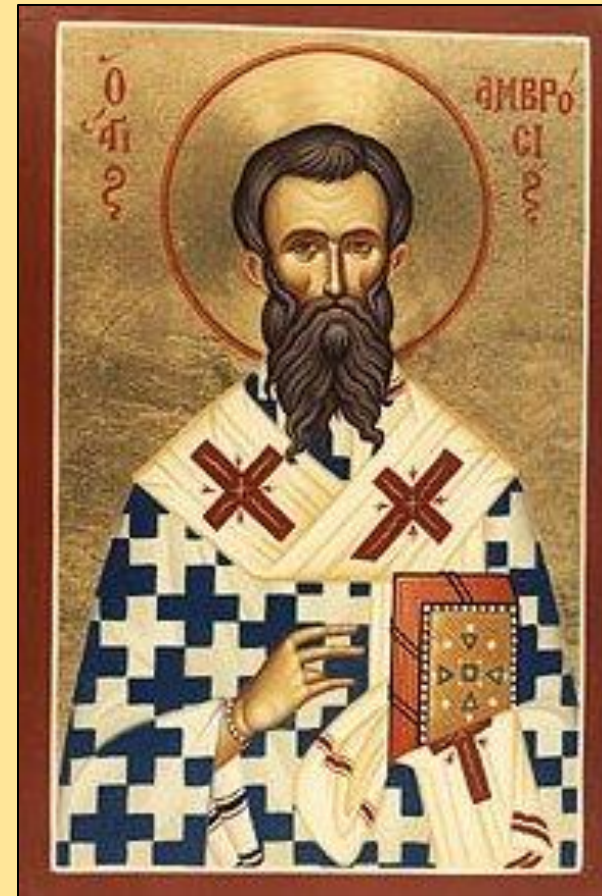
Legend has it that when Ambrose was an infant, a swarm of bees settled in his mouth and left behind a drop of honey. His father considered this to be a sign of his future, that Ambrose would become someone great, with a wonderful sense for speaking.

When Ambrose grew up, he was serving as a governor when he was unexpectedly made Bishop of Milan in 374AD because of how popular he was.

Ambrose was a teacher. And his teaching was so full of love and sweet words - he helped convert many people including Saint Augustine of Hippo.

Ambrose is the patron saint of bees, beekeepers, **learners** and candle makers.

Saint Ambrose's feast day is 7th December.



Saint Clare

Saint Clare of Assisi was born in 1194 in Italy. She grew up in a noble family, but she felt called to live a simple and holy life. Clare met, and was deeply inspired by Saint Francis of Assisi, who preached about living in poverty and following Christ. Clare wanted to follow this same path. At 18 years old, Clare of Assisi left her family home to join Francis. She gave up her wealth and dedicated herself to God. She started a new religious order called the Poor Ladies, later known as the Poor Clares. These women lived in prayer and served others, depending completely on God.

Clare became the leader of her community. She was known for her deep faith, her love of poverty, and her care for the sisters who lived with her. She spent her life praying and helping others, always trusting in God's care.

After her death in 1253, Clare was declared a saint by the Church. Her life is an example of faith, humility, and total trust in God. Today, she is honoured as the patron saint of television, as well as for her dedication to a life of poverty and prayer.

Saint Clare's feast day is 11th August.



Reflection – St Ambrose & St Clare of Assisi

St Ambrose and St Clare lived very different lives, yet both show what it means to follow Christ with courage and purpose.

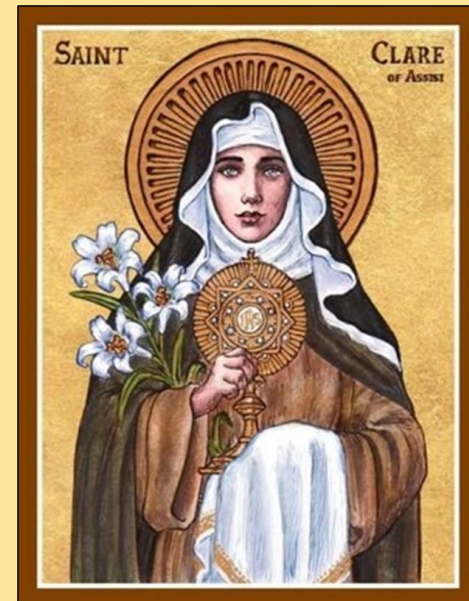
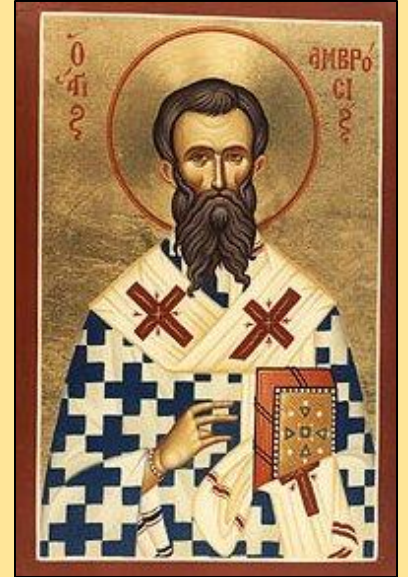
- St Ambrose used his wisdom, words, and leadership to guide others in faith. His teaching was gentle, clear, and full of truth — a reminder that our voices can bring light and hope.
- St Clare is a model of humility, trust, and deep love for God. She gave her life to prayer and to serving those around her, showing that real strength comes from living simply and faithfully.

Both saints challenge us to live our school mission:

Inspired by Christ: Like Ambrose and Clare, we let Christ shape our choices and character.

Service to Others: Their lives show that helping others is at the heart of a meaningful life.

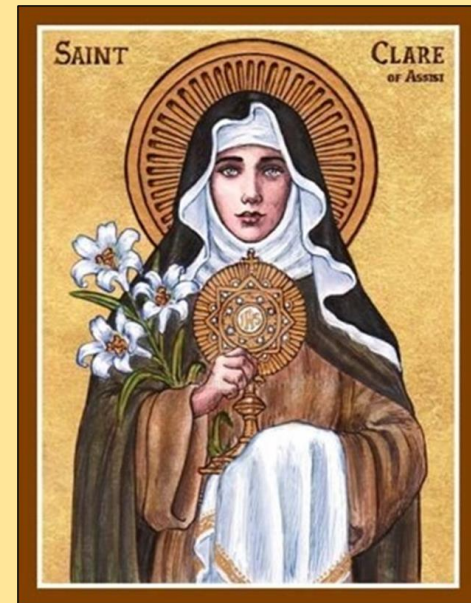
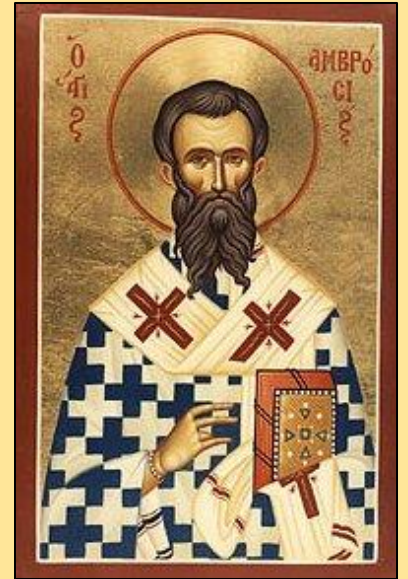
Excellence for All: Each saint grew into the best person God called them to be — encouraging us to strive for goodness, integrity, and kindness every day.



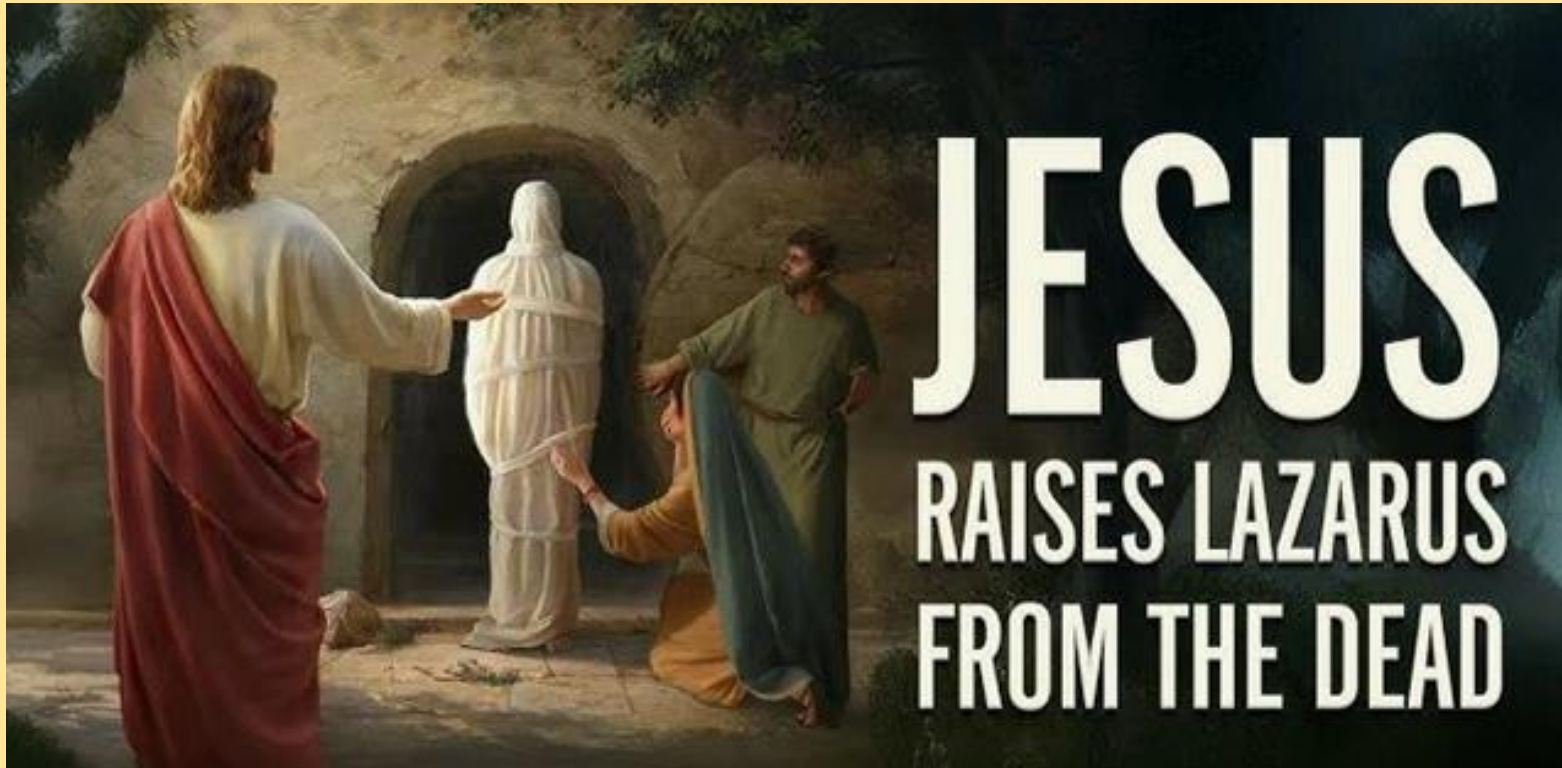
Reflection – St Ambrose & St Clare of Assisi

Thought for the Day

How can I follow the example of St Ambrose and St Clare today — by using my gifts wisely, serving others generously, and becoming a better person Inspired by Christ?



Sunday Gospel = Fifth Sunday in Lent (Year A)



Lazarus from Bethany, brother of Mary and Martha, fell ill. Despite their message to Jesus, He delayed His visit, explaining the situation was to glorify God. Upon arrival, Lazarus had been dead four days. Martha expressed faith in Jesus, who declared Himself as the resurrection and life. Deeply moved and troubled by the mourning, Jesus wept, then miraculously raised Lazarus from the dead, strengthening the faith of many onlookers.

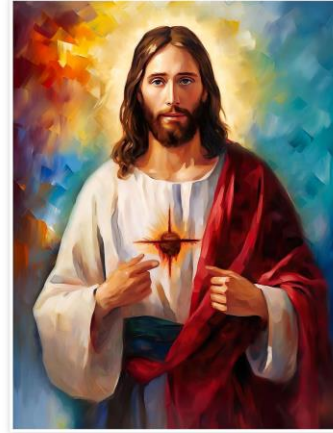
THIS WEEK'S GOSPEL READING – FIFTH Sunday Lent, YEAR A.

A reading from the Gospel according to John 11:3-7, 17, 20-27, 33b-45

The sisters of Lazarus sent word to Jesus saying, “Master, the one you love is ill.” When Jesus heard this he said, “This illness is not to end in death*...” Now Jesus loved Martha and her sister and Lazarus... When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, only about two miles away. And many of the Jews had come to Martha and Mary to comfort them about their brother. When Martha heard that Jesus was coming, she went to meet him; but Mary sat at home. Martha said to Jesus, “Lord, if you had been here, my brother would not have died. But even now, I know that whatever you ask of God, God will give you.” Jesus said to her, “Your brother will rise.” Martha said to him, “I know he will rise, in the resurrection on the last day.” Jesus told her, “I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?” She said to him, “Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world.” ... *The disciples misunderstood this as referring to physical death, but it is meant as spiritual death.

Reader = the Gospel of the Lord.

RESPONSE = Praise to you Lord Jesus Christ.



Explanation of this week's Gospel reading



In the gospel reading this week, Jesus raises Lazarus from the dead, showing that His love brings hope even in the hardest and darkest moments. He calls Lazarus by name, reminding us that God knows each of us personally and wants to lead us into new life. Jesus invites us to trust Him, to support one another, and to believe that change and growth are always possible.

This gospel also teaches us that there is **Hope Beyond Death**: The resurrection of Lazarus, reminds us that death is not the end. God's promise of resurrection gives hope and calls us to live with faith and courage.

REFLECTION TASK

Linked to our school mission:

Inspired by Christ: We trust in Jesus' power to bring light, healing, and new beginnings.

Service to Others: Like Jesus comforting Martha and Mary, we stand beside those who are struggling.

Excellence for All: We keep trying to become better people, choosing hope, courage, and compassion.

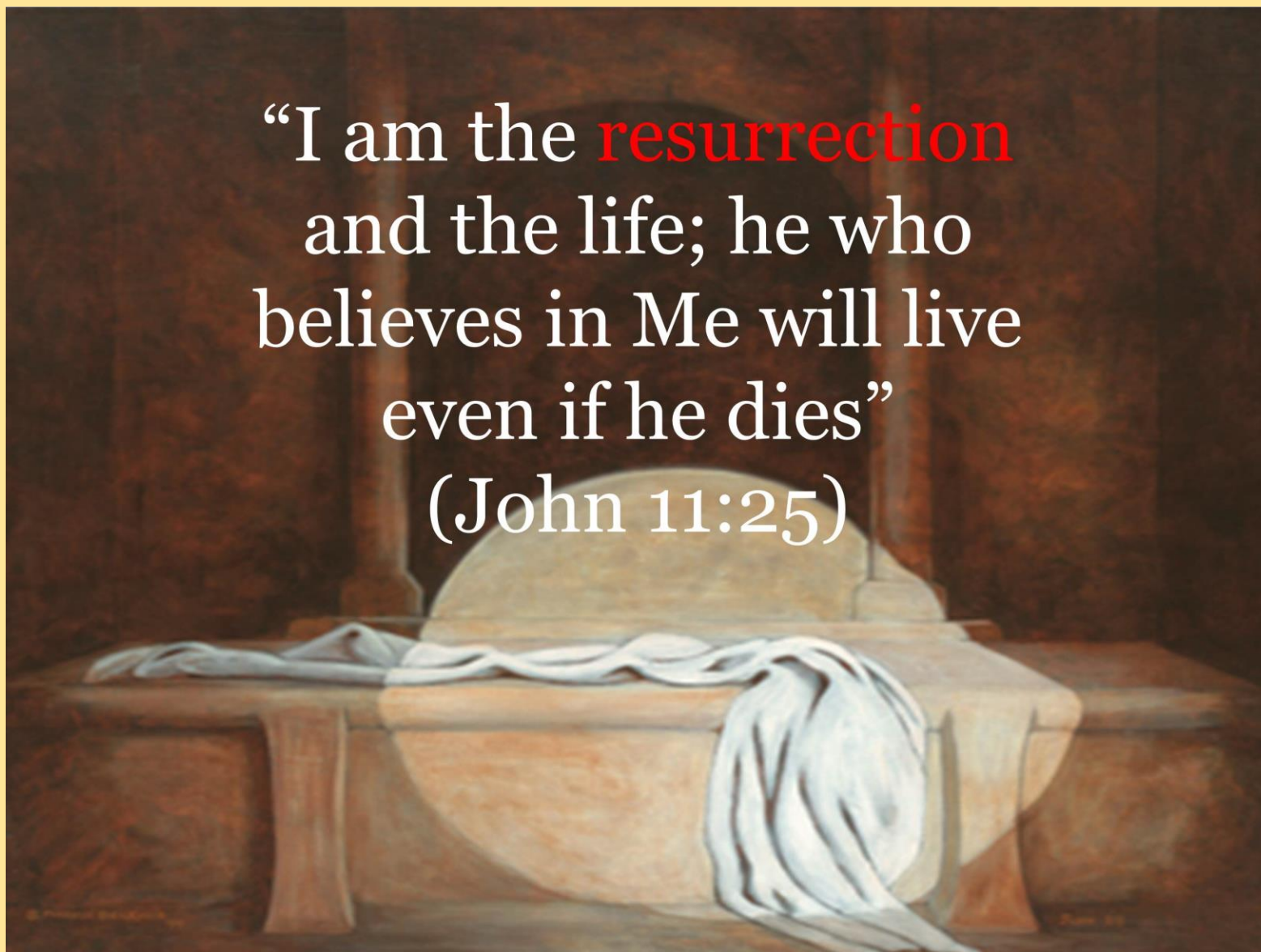
Thought for the day:

Where might Jesus be calling me to step into new life today — by being inspired by Christ, serving others with love, or striving to be a better person for the good of all?



WORD OF THE WEEK

“I am the **resurrection**
and the life; he who
believes in Me will live
even if he dies”
(John 11:25)



Prayer- Inspired by the Resurrection of Lazarus and Our School Mission

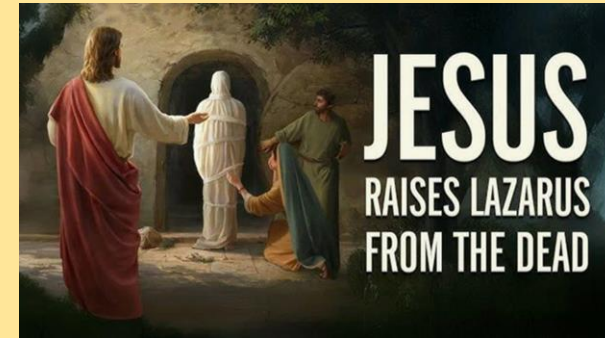
Lord Jesus, You called Lazarus out of the tomb and brought hope where there was sadness.

Help us to be inspired by Christ, trusting Your light in every situation.

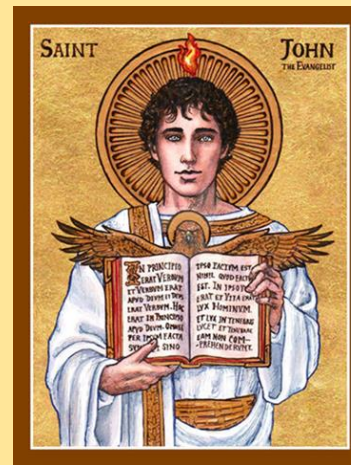
Teach us to give Service to Others, especially those who feel lost, lonely, or overwhelmed.

Guide us toward Excellence for All, becoming kinder, braver, and more generous each day.

May Your voice lead us to new life and help us bring hope to our school community.



**St John the Apostle & Evangelist,
pray for us. AMEN.**



**inspirati a christo
Go Forth Today and
Be Inspired by Christ**