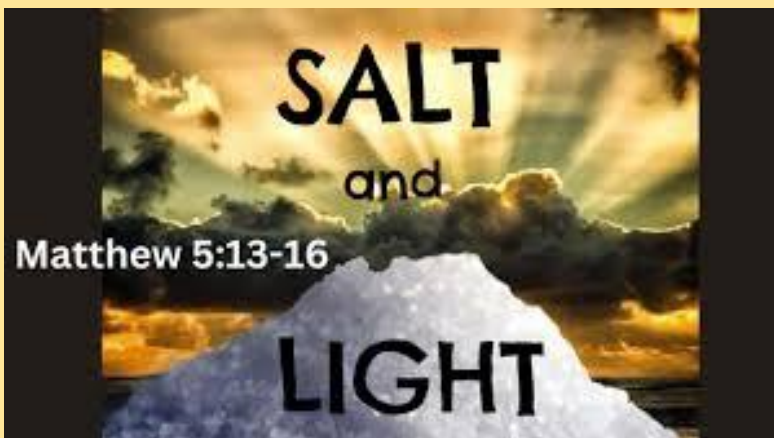


Prayer & Reflection



Week beginning: **Monday 9th February**

Theme = Lent & Ash Wednesday

Gospel = Fifth Sunday Ordinary Time

Catholic Social Teaching – Life & Dignity of Human Person

The Wednesday Word

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

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)

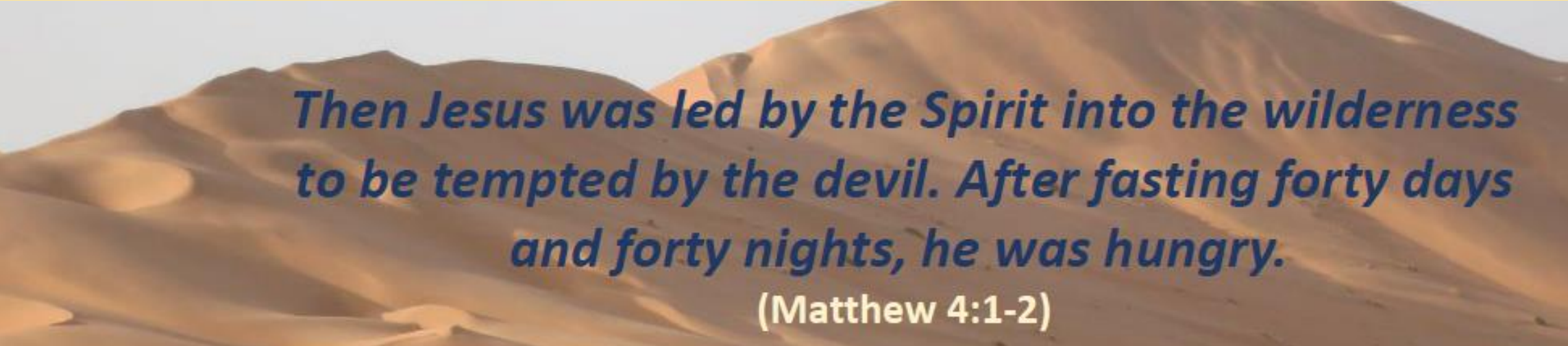
1:30pm (Second lunch)

Venue- School Chapel.

A photograph of a desert landscape featuring large, rolling sand dunes in shades of orange and brown. In the foreground, there is a small, dark green bush on a sandy and gravelly ground. The sky is a clear, pale blue.

Lent is the time in the Church's year when we prepare for Jesus' suffering, death, and Resurrection.

The purpose of Lent is to help us grow in our faith and become spiritually stronger. We have the opportunity during Lent to spend time in the desert with Jesus.



*Then Jesus was led by the Spirit into the wilderness
to be tempted by the devil. After fasting forty days
and forty nights, he was hungry.*

(Matthew 4:1-2)

Traditionally, we spiritually prepare during Lent through extra prayer, fasting, and helping those most in need.

We will be giving students an opportunity to get involved with fund-raising during the 40 days of Lent, which **starts during half term week, on Ash Wednesday – (Wed 18th February).**

Next term we will have Cultural Day and the Colour Run to raise funds for different charities.

What's the purpose of Ash Wednesday?



4



WHY THE ASHES?

THE MEANING OF ASH WEDNESDAY



3

ASHES ALSO SYMBOLIZE GRIEF, IN THIS CASE, GRIEF FOR OUR SINS.



1
ASHES WERE USED AS A SIGN OF REPENTANCE IN THE OLD TESTAMENT



2
ASHES ARE A PUBLIC SIGN OF OUR INTENT TO DIE TO OUR WORLDLY DESIRES AND LIVE IN CHRIST



4

AS OUR FOREHEADS ARE BEING MARKED, THE PRIEST SAYS: "REMEMBER THAT YOU ARE DUST AND UNTO DUST YOU SHALL RETURN"

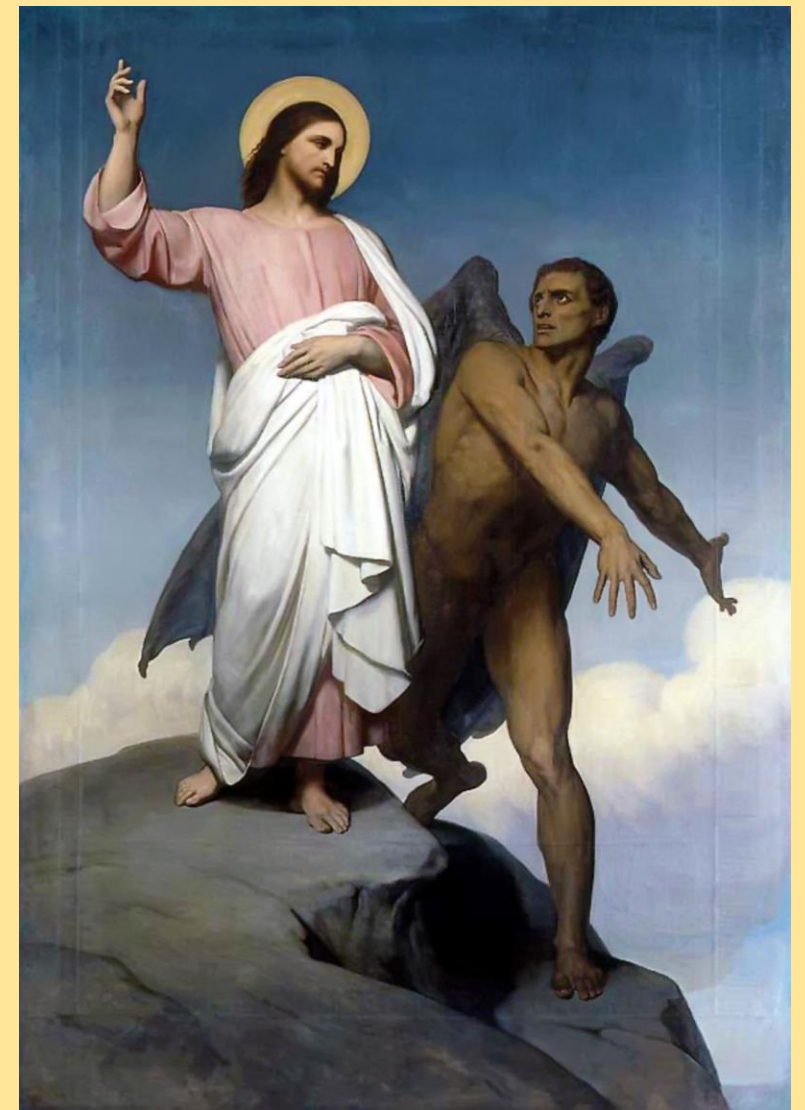
5
THE ASHES COME FROM THE BLESSED PALMS USED IN THE PALM SUNDAY CELEBRATION OF THE PREVIOUS YEAR



Lent prepares us for Easter just as Advent prepares us for Christmas. Easter is the most important of the Christian festivals.

Christians believe that Jesus not only rose from the dead, but is still today with his followers.

So Lent is to be taken seriously, because it helps us to celebrate Easter, and to appreciate the real meaning of the death and resurrection of Jesus.



Remember that Jesus spent 40 days and nights in the desert, where he was tempted by Satan (the devil).

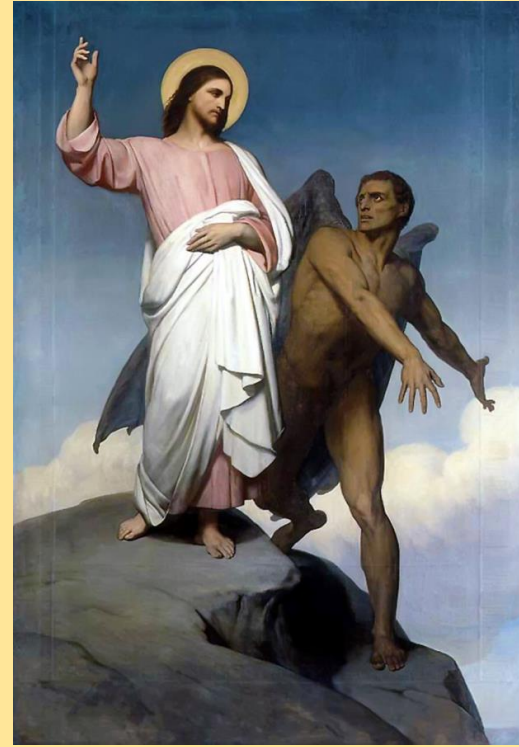
REFLECTION - Ways to make Lent a special time

1. It's time for a change of heart – a time for a fresh and closer look at ourselves, and the way we live our lives. What needs to be done? We can change for the better; we must try.
2. It's time for concern for others – a time for caring. Being concerned for others is a powerful tool in our fight against our own selfishness. We need to get involved with fund-raising, be generous, and live out Catholic Social Teaching – option for the poor and vulnerable.
3. It's time for more prayer – a time to make a real effort to speak regularly to our best friend – Jesus, to ask for help to be the best person that we can be. We can in our own private time, make an effort to say more prayers.

A prayer for Lent

God of the desert,
Jesus was led by the Spirit
to fast forty days in the wilderness
and was tempted as we are, yet without sin;
give us grace to observe the disciplines of Lent;
and, as you know our weakness,
so may we know your power to save;

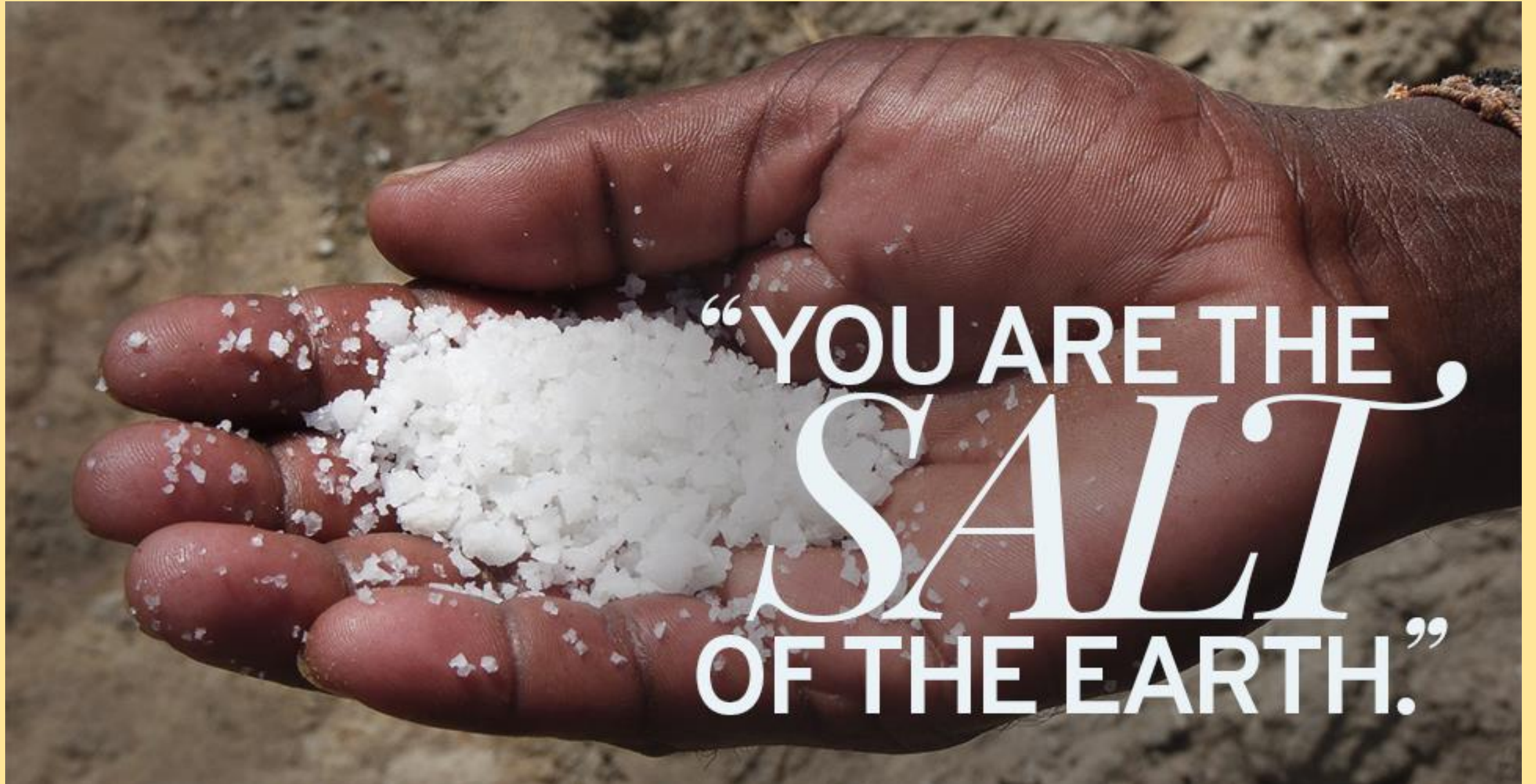
through Jesus Christ our Redeemer,
who is alive with you and the Holy Spirit,
one God now and for ever.



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

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

Sunday Gospel = Fifth Sunday Ordinary Time



**“YOU ARE THE
SALT
OF THE EARTH.”**

THIS WEEK'S GOSPEL READING – Fifth Sunday Ordinary

A reading from the Gospel according to Matthew 5:13-16

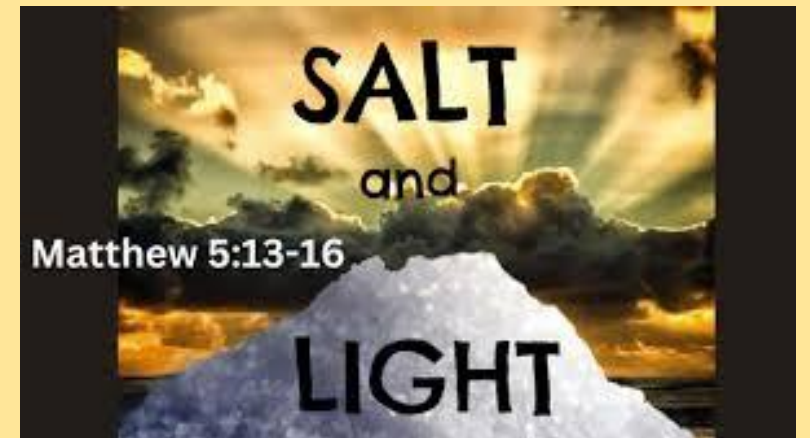
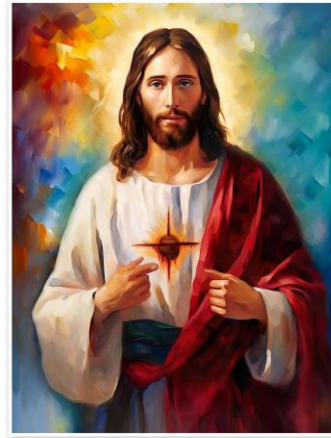
Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.

You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house.

Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

Reader = the Gospel of the Lord.

RESPONSE = Praise to you Lord Jesus Christ.



Explanation of this week's Gospel reading



- Jesus want us to follow him and to be the best version of ourselves – this is the reference to being salt of the earth and the light of the world.
- This make us all as people special to Jesus.
- When we do not follow the teachings of Jesus, and when we sin, then we become the salt that loses its taste – no longer good for anything!
- Jesus says that “you are the light of the world”. This means that Jesus wants us to do good deeds (service to others) and by our light we will inspire others to follow the teachings of Jesus, and to glorify God.

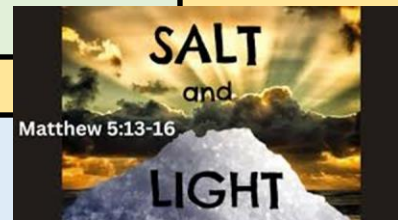
REFLECTION TASK

When were you the “salt of the earth”? When were you the “light of the world”?

Now think about how you can use Lent to follow Jesus and become the best version of yourself,

How can you be the salt for this school? Who will you inspire today?

How will you be the light of the world? Are you willing to help support the charity work in our school during Lent?



WORD OF THE WEEK

CATHOLIC SOCIAL TEACHING

Life and Dignity of the Human Person

‘What makes me special?’

‘What makes people special?’

‘How should we treat each other?’



“YOU ARE THE
SALT
OF THE EARTH.”

PRAYER – from the gospel reading

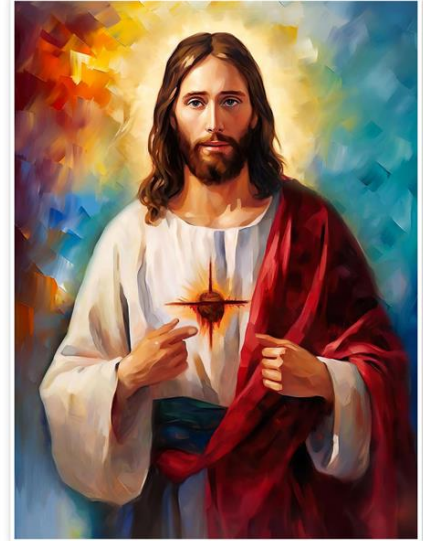
Heavenly Father,

Thank You for calling us to be the salt of the earth. Help us to live with integrity in our schools, preserving what is good and standing up for truth even when it is difficult. Let our lives bring a 'God-flavour' to our classrooms and friendships, showing others the joy and hope that come from knowing You.

Lord, You also call us the light of the world. Give us the boldness not to hide our faith or blend into the crowd out of fear or embarrassment. Instead, place us on a 'lampstand' so that our kindness, hard work, and patience can shine for everyone to see.

May our actions and words always point back to You, so that through our 'good works,' our friends and teachers may see Your love and give glory to our Father in heaven.

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



inspirati a christo
Go Forth Today and
Be Inspired by Christ