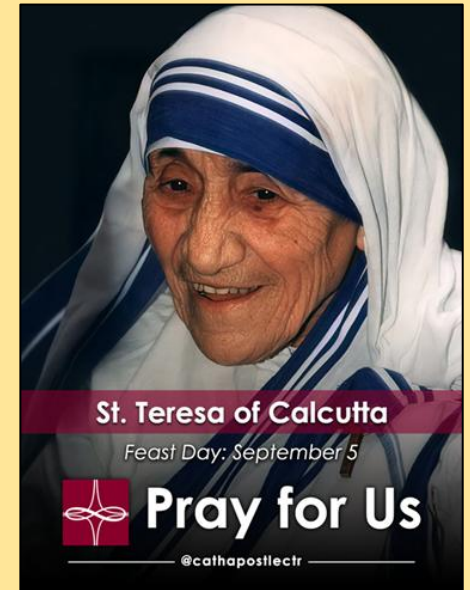
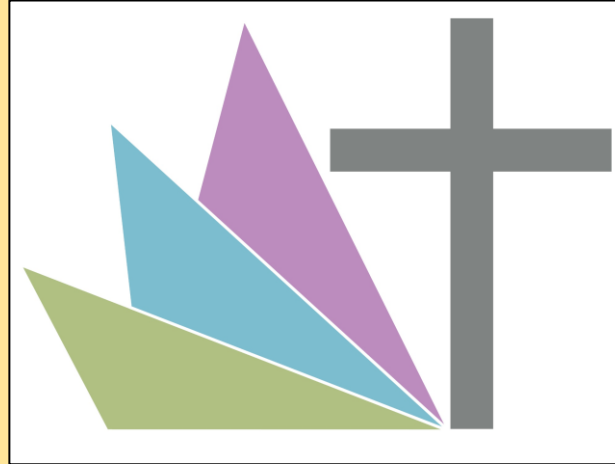


Prayer & Reflection



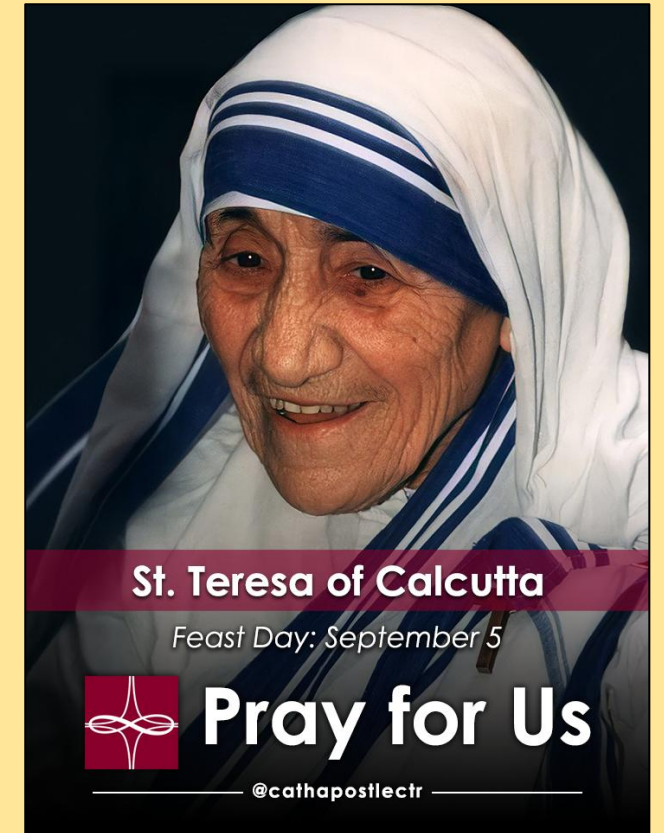
Week beginning: **Tuesday 1st September**

***A New School Year Begins -
Feast of St Theresa of Calcutta
22nd Sunday in Ordinary Time***

[illegible]

St Teresa of Calcutta = FEAST DAY, 5th September

- Saint Teresa of Calcutta (known as Mother Teresa) was an Albanian-born Indian Roman Catholic missionary and nun who devoted her life to helping those most in need.
- She founded the Missionaries of Charity in India in 1950, and for over 45 years, she ministered to the poor, sick, orphaned and dying. At the time of her death she ran over 500 missions in over 100 countries, including hospices and homes for people with HIV/AIDS, leprosy and tuberculosis; soup kitchens; family and children's counselling programs; orphanages and schools.
- Mother Teresa served those who were most vulnerable and made many sacrifices in order to help others. She devoted her life to serving those in need without judgment.



CATHOLIC SOCIAL TEACHING

**Option for the Poor and
Vulnerable**

REFLECTION ACTIVITY

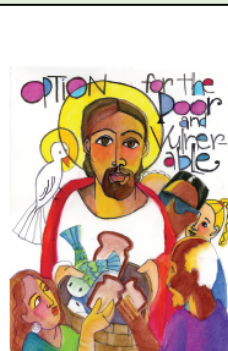
Think about what we have just learned about the life of St Teresa of Calcutta.

- What can you do during this new school year to help other people?
-especially the poor and vulnerable in society?

(SERVICE TO OTHERS)

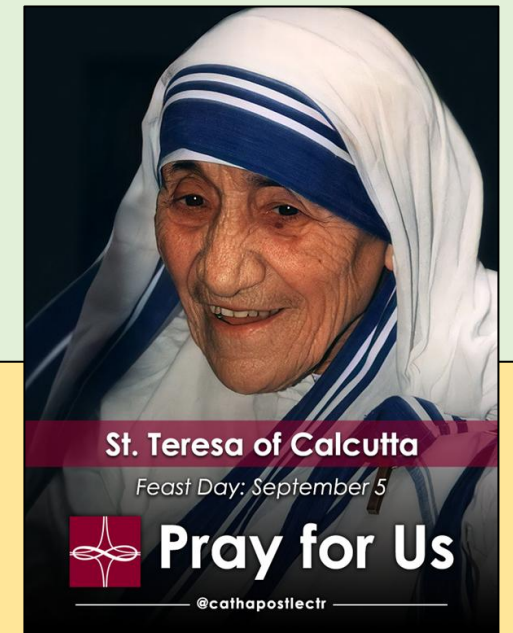
CATHOLIC SOCIAL TEACHING

Option for the Poor and Vulnerable



OPTION FOR THE POOR AND VULNERABLE

A basic moral test is how our most vulnerable members are faring. In a society marred by deepening divisions between rich and poor, our tradition recalls the story of the Last Judgment (Mt 25:31-46) and instructs us to put the needs of the poor and vulnerable first.



St. Teresa of Calcutta
Feast Day: September 5

 **Pray for Us**
@cathapostlectr

PRAYER – to follow the example of St Teresa

Dearest Heavenly Father,

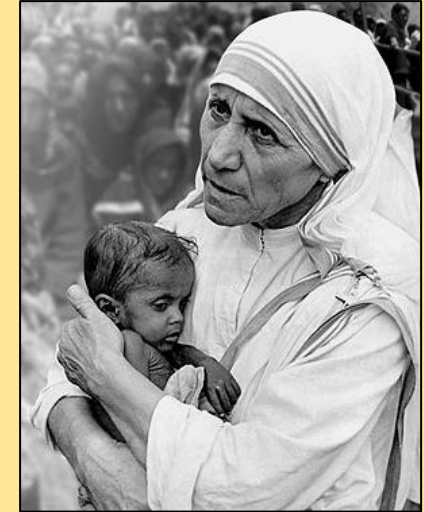
Our hearts have been torn open by the example of your faithful and humble servant St. Teresa of Calcutta.

This little sister was small in stature but changed the entire world in a big way through her work to care for the poor and homeless.

Thank you, O Lord, for instilling your love in the heart of St. Teresa of Calcutta, for it is through her heart that thousands of the poorest of the poor have been cared for and loved. Please give us a heart as beautiful, pure, spotless and giving as the heart of St. Teresa.

Her service to the poor is a testament to her faith-filled heart that so lovingly touched the broken bodies of the poor and homeless and in doing so she was touching the body of Christ.

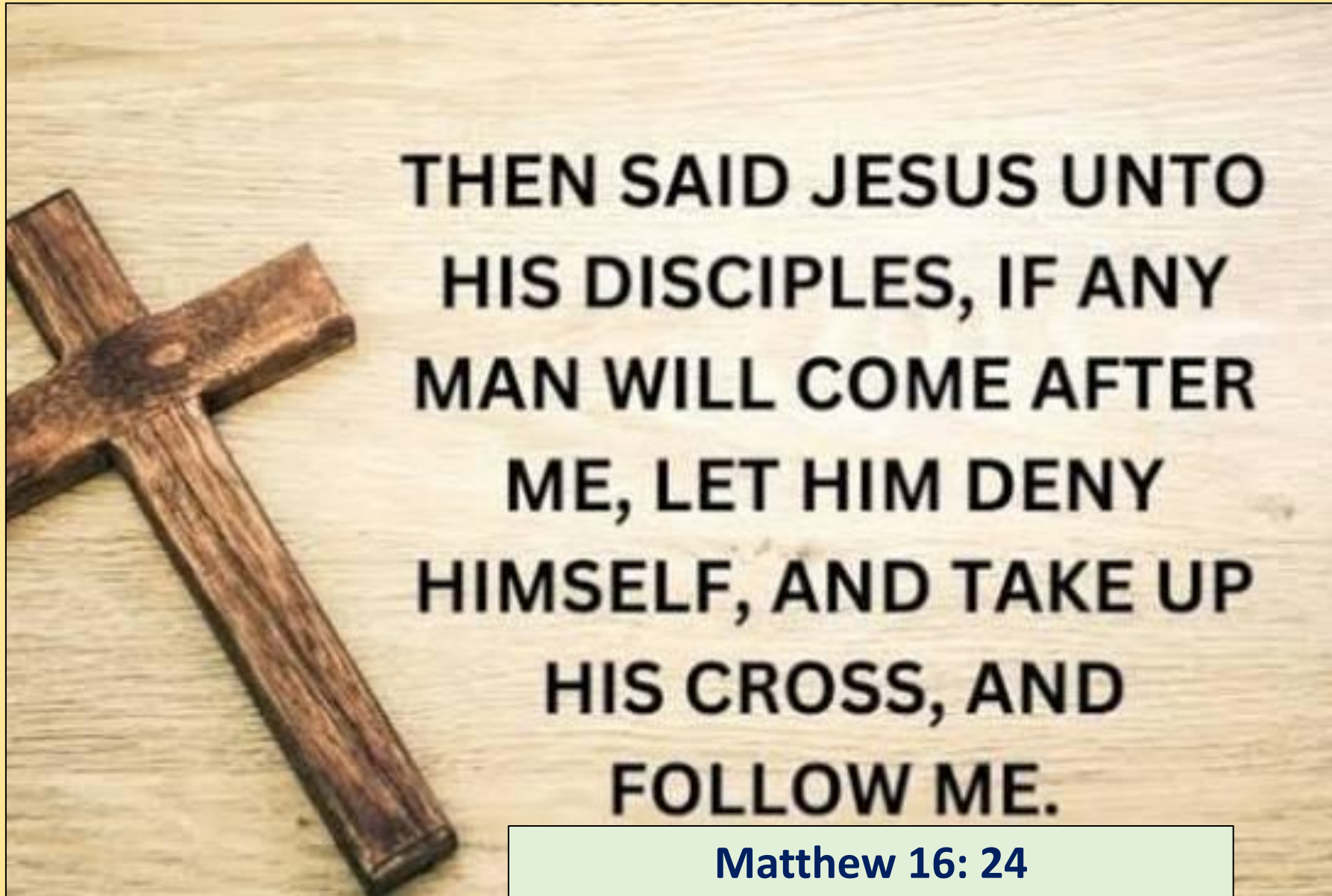
Help me to see and serve the poor as she did. That we may also see Jesus hidden under the distressing disguise of the poor. So that our act of love that is done for the poor and homeless may be done to Jesus himself.



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

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Go Forth Today and
Be Inspired by Christ**

22nd Sunday in Ordinary Time – Follow Me



Matthew 16: 24

THIS WEEK'S GOSPEL READING – 22nd Sunday Ordinary Time

A reading from the Gospel according to Matthew 16: 21-27

Jesus began to show his disciples that he must go to Jerusalem and suffer greatly from the elders, the chief priests, and the scribes, and be killed and on the third day be raised.

Then Peter took Jesus aside and began to rebuke him, “God forbid, Lord! No such thing shall ever happen to you.”

He turned and said to Peter, “Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do.”

Then Jesus said to his disciples, **“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”** For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.

What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father’s glory, and then he will repay all according to his conduct.”

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 His followers to deny themselves and take up their crosses. He warns that gaining the world is nothing if we lose our souls. We are asked to choose the way of Christ, even when it is hard. It is the path that leads to true life.

There are 3 key messages in this gospel:

- 1. Carrying the cross:** Jesus calls His followers to deny themselves and take up their crosses. Faith is not just about belief; it requires action and sacrifice. Follow Jesus!
- 2. The soul is worth more than the world:** Jesus warns that gaining everything means nothing if a person loses their soul. Faith is about seeking what lasts forever, not just what feels good now.
- 3. God will judge each person:** Jesus says that the Son of Man will come and repay people for their deeds. Faith is not just about words but about how a person lives.

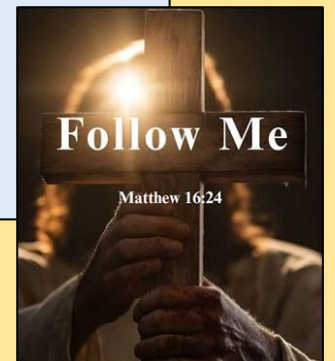


REFLECTION TIME

- Jesus invites us to be people of courage, faith and trust.
- Being Inspired by Christ means choosing what is right, even when it is difficult. It means showing kindness when others are unkind, standing up for what is good, and putting the needs of others before our own.
- At school, we live this call every day. We are Inspired by Christ when we serve others with generosity, strive for excellence in all we do, and treat every person with dignity and respect.
- Jesus reminds us that true success is not measured by what we gain for ourselves, but by how faithfully we follow God's call to love and serve.

THOUGHT FOR THE DAY

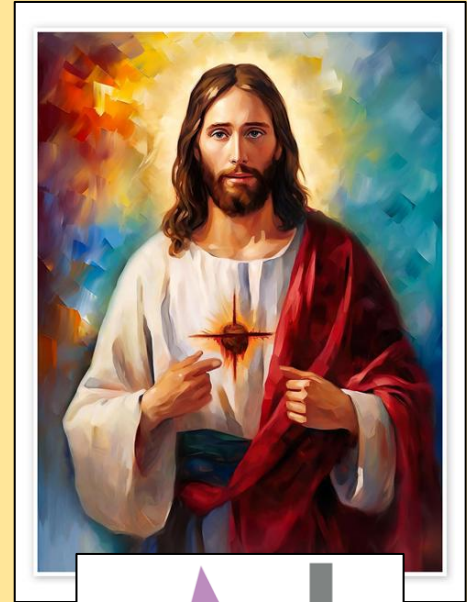
Today, let us ask ourselves: How can I follow Christ more closely through my actions, words and choices today?



PRAYER – To Follow Jesus

Loving Father,
Through the example of your Son, Jesus Christ,
teach us to follow your ways with courage and trust.
When the path is difficult, help us to remain **Inspired by Christ**,
keeping our eyes fixed on his love and example.
Guide us to live our mission of **Service to Others**,
showing kindness, compassion and generosity to everyone we meet.
Bless our efforts as we strive for **Excellence for All**,
using our gifts wisely, working hard, and encouraging one another to
flourish.
May our school community grow in faith, hope and love,
so that everything we do reflects the presence of Christ among us.
We ask this through Christ our Lord.

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



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PRAYER FOR THE NEW SCHOOL YEAR

Almighty Father, as we begin a new year, may we use the opportunity to make a new start.

Fill our hearts with love for you, increase our faith, and give us the determination to work to become the people you want us to be.

Lord, help us to become the light of the world.

Lord guide us to Be Inspired by Christ,

Lord guide us to be the best person we can be by striving towards Excellence for All,

Lord guide us to be humble, and to seek to give Service to Others. Amen.

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



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Go Forth Today and
Be Inspired by Christ**