

We start each Sacred Time with the sign of the cross.

Sign of the cross: In the name of the Father,
and of the Son and of the Holy Spirit. Amen.



- This prayer is calling to mind God - who is the Father, Son and Spirit.
- We reminding ourselves to remember God in our **thoughts**, in our **hearts** and in the **work** we do.
- The actions make a cross to remind us about Jesus.
- The sign of the cross marks that this is a special time.

Let us make the sign of the cross together.

Autumn Term 1- Week 1

Season: Ordinary Time

Liturgical Colour: Green

Sacred Time Theme: New Beginnings



**St Cuthbert's
Catholic High School**
Live life in all its fullness

Every Day is a
New Beginning

Day 1: Tuesday - A prayer for our new beginning

A spiral-bound notebook with a blank page. The page is light purple and has two lines of text written in a cursive font. The text reads: "Life is like a blank page." and "Let's write a story worth reading." The notebook is positioned in the upper middle of the slide.

Life is like a blank page.

Let's write a story worth reading.

Pause for a moment and think about this year.

What do you want to achieve?

What do you want to do?

What are your hopes and aims?

How will you use the blank page of this year?

Dear Lord,
Thank you for being with us as we start this new year. Thank you for our friends, school staff and the opportunities that we all have.

As we begin a new school year we ask for your help and pray for your blessing on everybody in this school. Show us how to work together for the good of all.

May we share our talents and abilities to the full and grow in knowledge, wisdom and happiness. Give us the grace to become more like Jesus in the ways we think and behave. During this school year help us live life in all its fullness.

Amen.

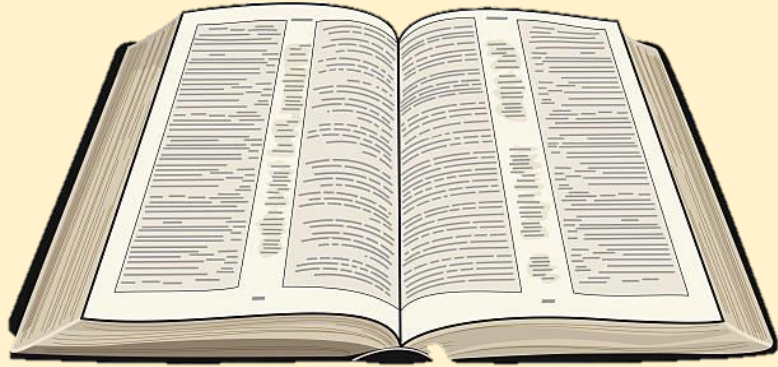


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Day 2: Wednesday - Word of the Week



In this week's Bible story, Jesus gives us a bit of a gardening lesson.

Watch this clip:

<https://www.youtube.com/watch?v=MRehBbBTxbQ>

STOP AFTER 57 SECONDS!

Jesus often taught in parables (a story with a meaning). He did this to help people understand. We often learn and remember better when people tell us stories.

- What do you think Jesus' message was in this passage?

Day 2: Parable of the Sower



Jesus is actually talking about our hearts and God's message.

Jesus is asking us to accept God's love and message into our hearts, like seeds planting in good soil.

Do you have a loving and open heart?

Let us pray...

Dear Lord,
Please help us to have open minds and hearts. Help us to accept your love and know you are always with us.
Amen.

Day 3: Thursday

In the Word of the Week yesterday, Jesus spoke about planting seeds. He was really talking about allowing God's love to plant in our hearts.

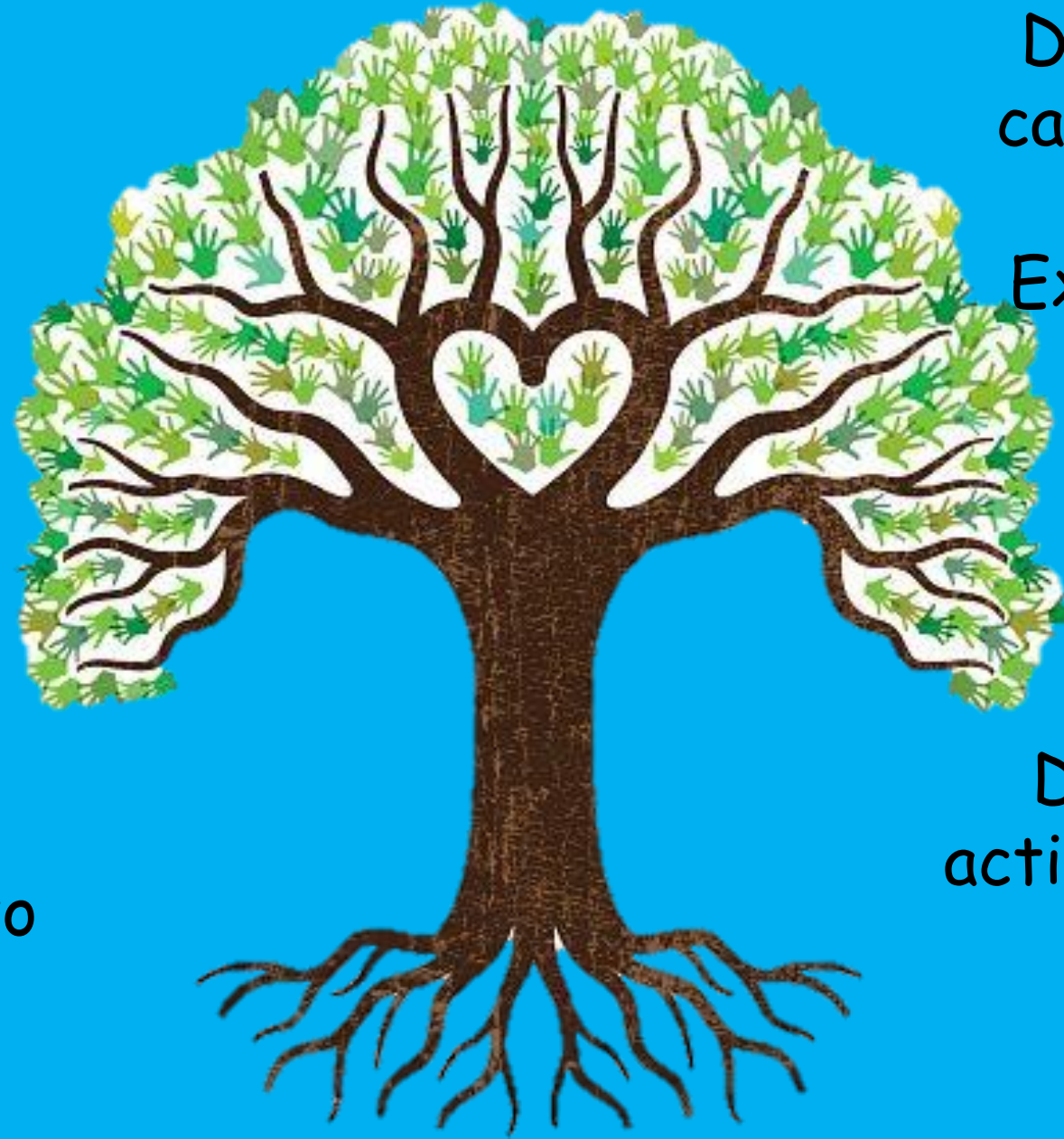
The idea of plants growing is a good image for the start of the year. You are growing physically, mentally, socially, in knowledge and spiritually. **In Jesus' story he reminds us that the right conditions are needed for plants to grow.**

Think about yourself and your growth this year.

- Do you give yourself the right conditions for growing to be the strongest and best person you can be?
- Take some time to reflect on the questions on the next slide.

Day 3: Thursday - conditions to help you grow

Do you surround yourself with healthy friendships?



Do you take enough care of your physical health? Diet? Exercise? What can you do better?

What can you do to look after your mental health?

Do you follow up activities and hobbies that you are interested in?

Day 3: Let us pray.



Dear Lord,

You love us and you want us to live our lives to the full. Help us to surround ourselves with the right conditions to help us to grow. Help us to love and respect ourselves because we are worth it.

Amen.

Friday - Transforming change

Well done for coming back to school and making a great start to the year.

This week you have coped with lots of change.

Change in routine, school rules, change in classes, change of teachers, change of some subjects for year 10 and the change of a school for year 7!

Change can sometimes be overwhelming.

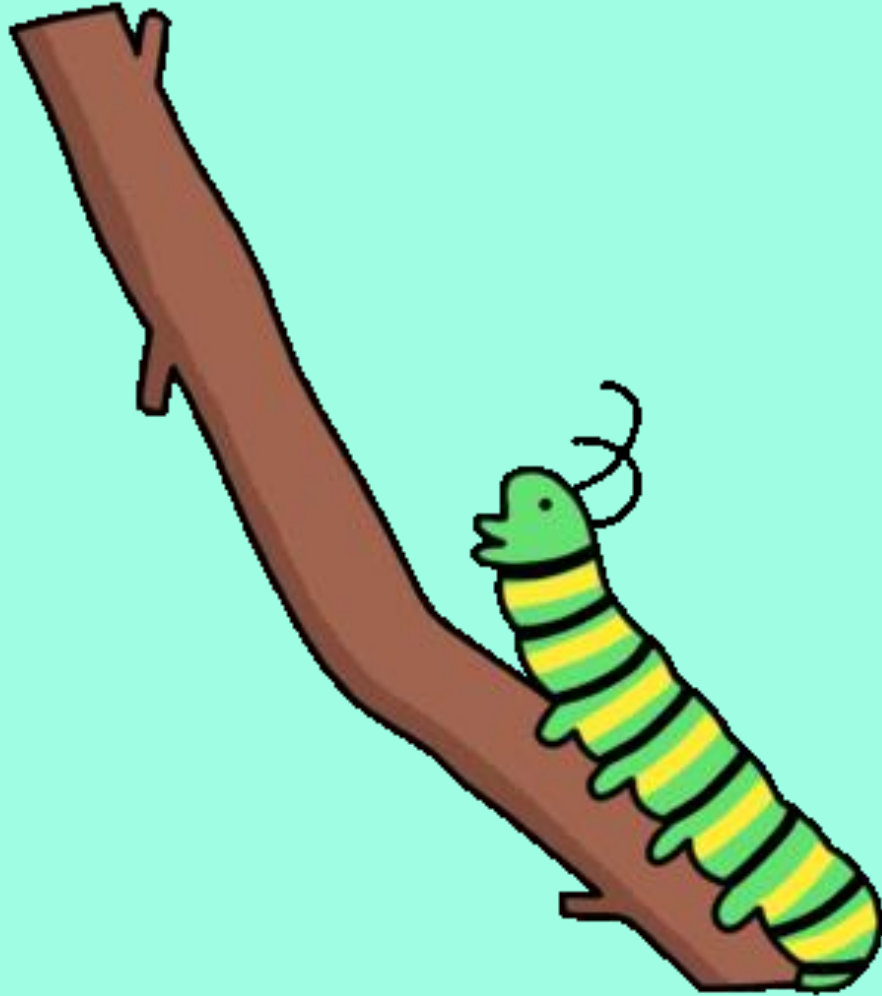
However, change also brings new opportunities and new relationships!

Day 3: Let us pray.

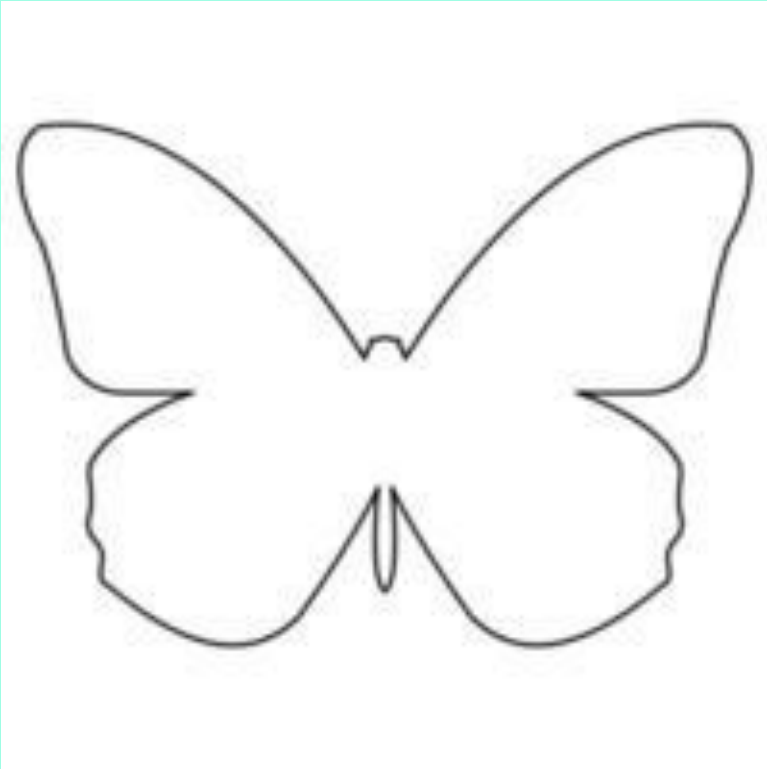
Think of a caterpillar.

A caterpillar undergoes a massive change when it changes to a butterfly. Through changing it reaches its full potential!

Keep embracing the changes and see them as new opportunities.



Day 3: Let us pray.



Prayer:

- On one wing of the butterfly, write or draw something you are thankful for from the last year or the Summer.
- On the other wing write or draw something you are looking forward to or hoping for this year.

Keep the butterfly in your pocket.