

17 th March Lent	Luke 9:28B-36	Change	16 th March – Young Carers Action Day 17 th – St. Patrick's Day 20 th March – St. Cuthbert's Feast Day 20 th – International Day of Happiness 21 st – End Racial Discrimination Day 22 nd – World Water Day	Mr Holland
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Luke 9:28B-36

The Transfiguration of Jesus

Jesus took Peter, John, and James and went up the mountain to pray.

While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem.

Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory and the two men standing with him.

As they were about to part from him, Peter said to Jesus, "Master, it is good that we are here; let us make three tents, one for you, one for Moses, and one for Elijah." But he did not know what he was saying.

While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, "This is my chosen Son; listen to him."

- After the voice had spoken, Jesus was found alone. They fell silent and did not at that time tell anyone what they had seen.

Don't forget - there are additional resources for you to use with your form saved on the K Drive in chaplaincy
Each form should also have a paper copy of the prayer booklet (there are spare copies in the sacred time resource box in the staff room)

Additional prayer resources for sacred time;

[Additional Prayer resources for form Sacred Time\prayer hand.pptx](#)

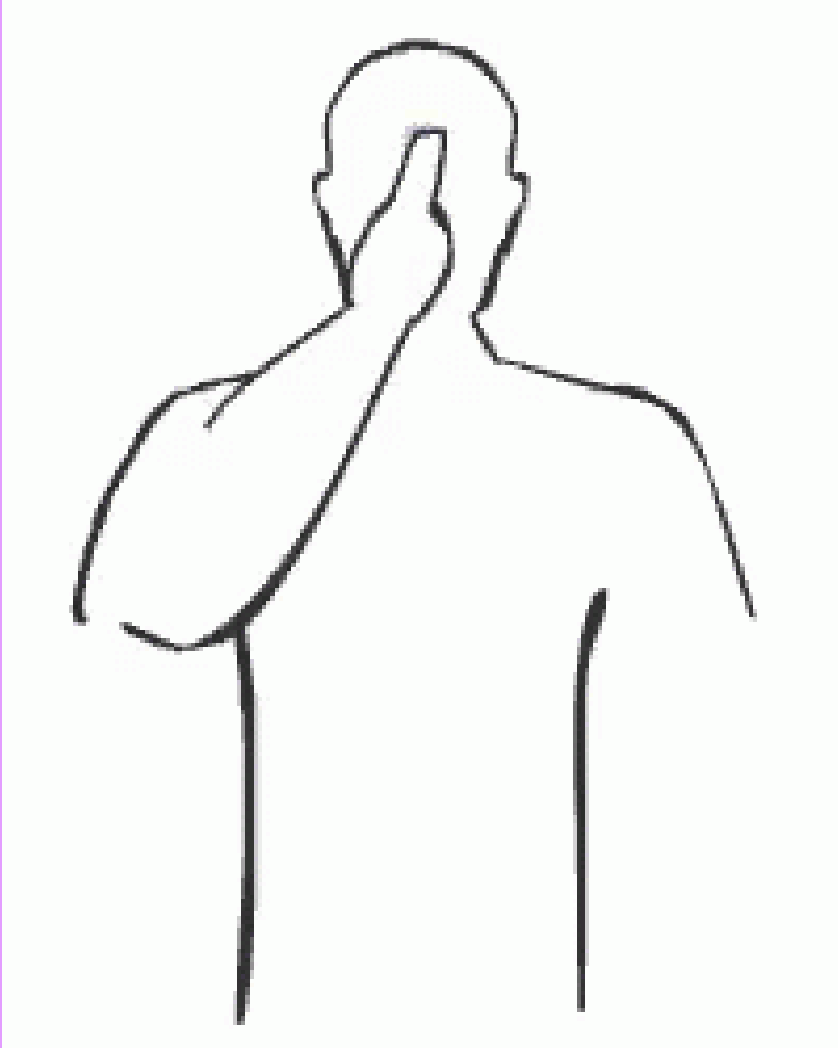
[Additional Prayer resources for form Sacred Time\Set prayers for Sacred Time.pptx](#)

[Additional Prayer resources for form Sacred Time\prayer booklet.docx](#)

The resources and activities in this powerpoint are suggestions, and intended to support, and / or offer a starting point.

They are not prescriptive - please feel free to adapt for your form, or create your own resources as appropriate

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.

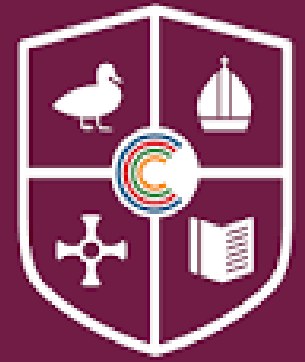
- This prayer is calling to mind God - who is the Father, Son and Spirit.
- We reminding ourselves to remember God in our **thoughts**, in our **hearts** and in the **work** we do.
- The actions make a cross to remind us about Jesus.
- The sign of the cross marks that this is a special time.

Let us make the sign of the cross together.

Wb 17th March

Season: Lent

Liturgical Colour: Purple



Sacred Time Theme:

Change

This week's Gospel comes from Luke and describes the 'Transfiguration' of Jesus.

In this passage Jesus' appearance changes so a glimpse is given of his full heavenly glory...



This special moment, called the Transfiguration, showed Jesus' friends that he wasn't just a regular person. He was truly God's Son, and he had amazing power and glory. It was like a sneak peek of how powerful and wonderful Jesus really is, and how he would shine even brighter after he rose from the dead. It helped his friends understand that even though Jesus was going to go through some hard times, he was still the Son of God, and they could trust him.



Theme of the Week - Change

Day 1

St Patrick's Day

- St. Patrick was a very important Christian missionary who helped bring the Catholic faith to Ireland.
- Catholics celebrate his life and his work on March 17th every year!





Psssst! Think about how many leaves there are... why is three an important number? Tri...

- What is this?
- How does it link to St Patrick?
- How does it link to Catholic belief?



- St Patrick used the shamrock (the three-leaf clover) to teach people about the **Holy Trinity: the Father, the Son, and the Holy Spirit.**
- So, the shamrock is a special symbol of faith for Catholics.

- St. Patrick's Day is a time for Catholics to celebrate their faith and remember the importance of spreading good messages.
- It is a day of remembering how he brought Christianity to Ireland.
- Celebrations include Christian processions, attending Mass, attending parades, wearing green/shamrocks and enjoying Irish food/drink!



- *What good messages could you spread this week?*
- *How could you use your words to spread positivity?*
- *How might you bring peace and love into the lives of others?*
- *Will you need to make some **changes** to the norm...?*



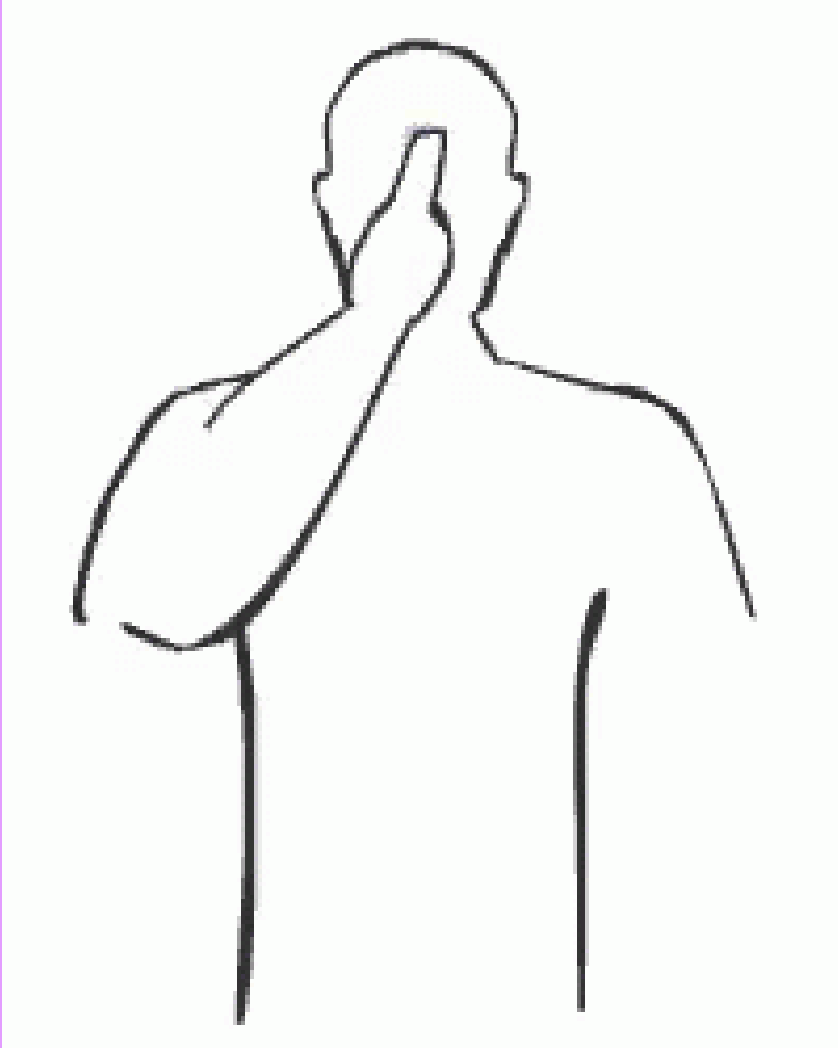
Dear God,

Thank you for the gift of faith and for the example of St. Patrick, who spread your word with such courage and devotion. May we, like him, be instruments of your peace and love.

Amen.

St Patrick, pray for us

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.
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Let us make the sign of the cross together.

Theme of the Week - Change

Day 2

International Day of Happiness

The theme for International Happiness Day in 2025 is "*Caring and Sharing*"...

- The day encourages extra acts of caring and sharing all around the world to promote happiness and well-being.
- This year's theme reminds us that lasting happiness comes from caring for each other, feeling connected and being part of something bigger.



"We don't have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world."

— Howard Zinn



HOW TO GET INVOLVED

Take part by doing an extra act of caring or sharing. Here's how:

STEP 1: THINK

What is something you found helpful or inspiring recently? It could be a new idea, quote, image, podcast, article, book or place.



STEP 2: CARE

**Who is someone you care about
who might benefit from it too?**

Choose a friend, family member,
colleague, neighbour or someone
you've not seen for a while.



STEP 3: SHARE

How will you get in touch to share it with them today? Send a text, share on a messaging app, leave a voice note, give them a call, or pop around to say Hello!



Once you've done your 3 steps, spread the word and encourage others to do the same. Use the hashtag **#InternationalDayOfHappiness**.

“Our relationships with others are the single biggest predictor of lifelong health and happiness. At a time of increasing polarisation and isolation, the most important thing we can do is find positive ways to overcome our divisions and connect more deeply with each other. This matters now more than ever.”

— Dr Mark Williamson (Action for Happiness)

*What **change** will you make today to bring more happiness into the world and less unhappiness...?*



Dear God,

Thank you for today. Please fill my heart with happy feelings. Help me to see all the good things around me, like sunshine and smiles. Help me to be kind and make others happy too. Help me to make the needed changes in my life to give me the courage to spread love and kindness.

Amen.

Theme of the Week - Change

Day 3

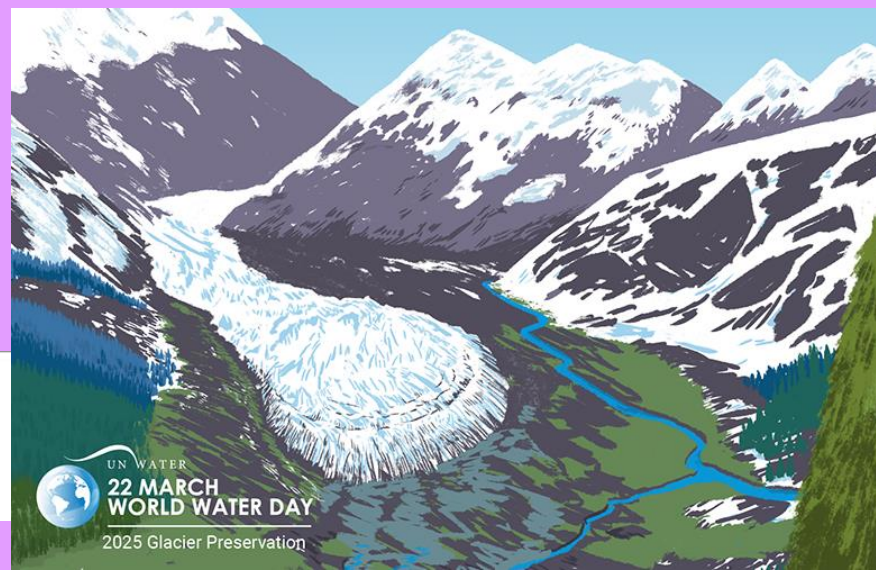
World Water Day

- World Water Day highlights the importance of fresh water.
- The day is used to raise awareness for the sustainable management of freshwater resources.



The theme for 2025 is... Glaciers!

- Glaciers are critical to life - their meltwater is essential for drinking water, agriculture, industry, clean energy production and healthy ecosystems.
- Rapidly melting glaciers are causing uncertainty to water flows, with huge impacts on people and the planet.



World Water Day 2025: *Glaciers*



<https://www.youtube.com/watch?v=7kt5SKwt-UM>

Catholic Social Teaching calls us care for creation to work together to help put glacier preservation at the core of our plans to tackle climate change and the global water crisis.



What can I do?

Share information about World Water Day and the importance of glacier preservation with your friends, family, and community.



Use social media to amplify the message, using hashtags like #WorldWaterDay



Contact to your local MP and urge them to support policies that address climate change and protect water resources.



- Even if you don't live near glaciers, conserving water is essential.
- Every drop saved contributes to overall water security.
 - Simple actions like fixing leaks and taking shorter showers can make a difference!

What *change* will you make today?

Creator God,
Thank you for the gift of water,
essential for all life. Help us to be
wise stewards of this precious
resource, using it responsibly and
protecting it for generations to
come.

Amen.



Theme of the Week - Change

Day 4

St Cuthbert's Feast Day

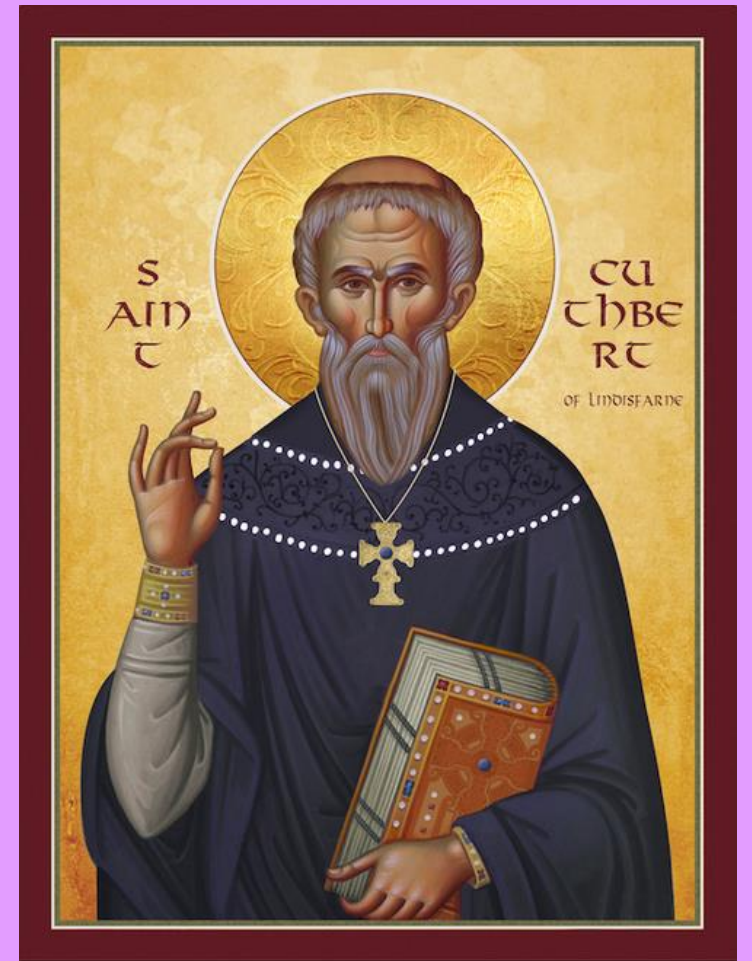
Thursday 20th March

Imagine a really kind and helpful person...

- *What did they do?*
- *Why are they important to you?*
- *What impact do they have on you?*
- *Do they inspire you to do the same?*



St Cuthbert was a person who was extremely kind and helpful. He loved animals, helped people who were sick, and taught everyone to be good.



- St. Cuthbert's feast day is a time to remember all the good things he did.
- Catholics make a special effort to try to be kind and helpful just like him.

REFLECT:
When was your last
act of kindness?
What was it?
How did it make you
feel?



- St Cuthbert has numerous **miracles** attached to his legacy such as healing people's sickness, birds brought him food and his own incorrupt body after his death.
- St Cuthbert's resting place is in Durham Cathedral and is a major focus of **pilgrimage** (religious journey)
- It is a significant place of prayer and dedication to God for Catholics...



Each of our lives is something of a pilgrimage - a journey of faith into a deeper understanding of truth.

Let us say our school prayer together to ask St Cuthbert to guide us ...

Dear God,

We ask for the compassion to care for each other,
the commitment to strive for excellence,
and the courage to do the right thing.
Help us to build a community where everyone can live life to the full.

Amen.

St. Cuthbert, pray for us.

