

This week's theme:

<p>3rd March</p> <p>Ordinary Time</p>	<p><u>Luke 6:39-45</u></p> <p>'A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit. For every tree is known by its own fruit.'</p>	<p>Words are powerful</p>	<p>Ash Wednesday is the day Lent begins. Catholic traditionally receive ashes in a cross on their forehead as a symbol of faith in God and of their repentance. On Shrove (pancake) Tuesday traditionally all of the fats that were given up in Lent were used up pancakes before Lent began.</p> <p>In this Gospel reading, Jesus tells us to not judge others until we are perfect. We should not judge people based on their appearance, money or status. What is inside in what matters. Jesus also warns us that our words are powerful and can cause damage. Our words we use reveal a lot about us. Let us use our words to build people up, not to knock them down.</p> <p>Prayer: Lord, help us to speak with kindness and truth. Give us hope in Christ's victory over death. Teach us to be humble and see our own faults. Guide us to live faithfully and love others as You love us. Amen.</p>	<p>4th March – Shrove Tuesday</p> <p>5th March – Ash Wednesday/start of Lent.</p> <p>3rd – 15th Fairtrade Fortnight</p> <p>3rd – 7th National Careers Week</p>
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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](#)

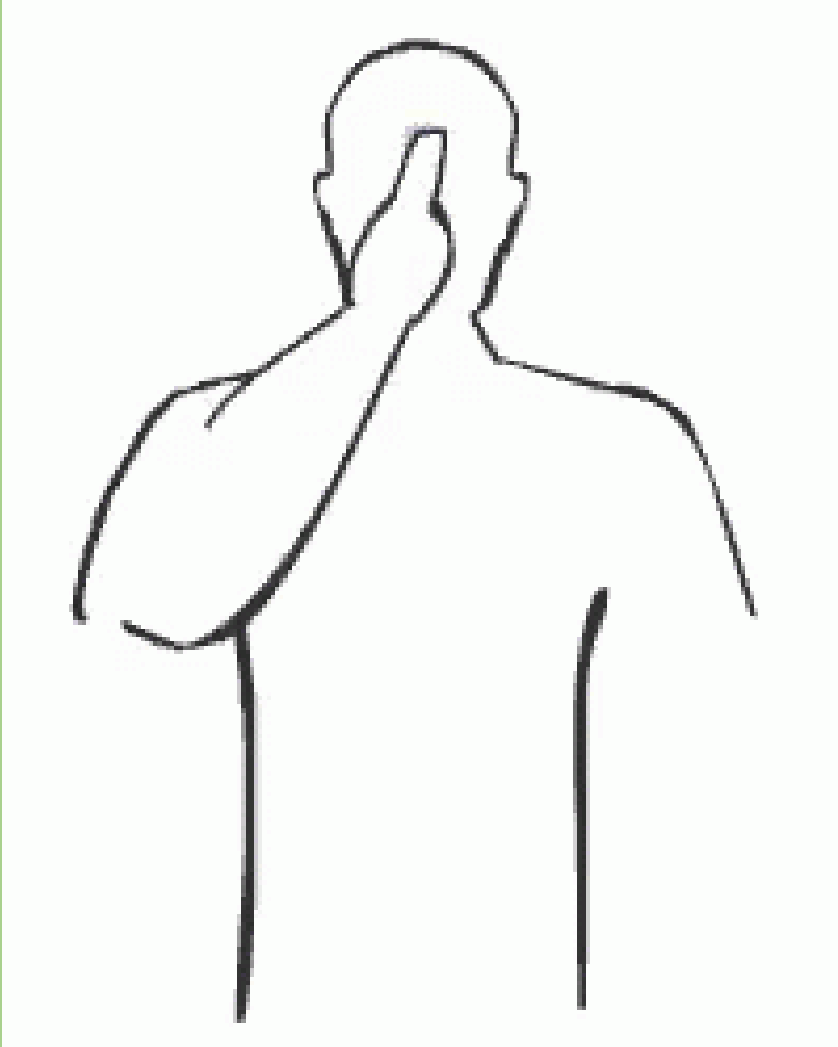
[Additional Prayer resources for form Sacred Time \Set prayers for Sacred Time.pptx](#)

[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.

National Careers Week

National Careers Week (NCW) is a one-week celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people develop awareness and excitement about their future pathways.

Go to ncw2025.co.uk to take part in the Virtual Careers Fair

Quiz: what job do these people have based on their GCSE's?

<https://www.bbc.co.uk/bitesize/articles/zh9f46f>

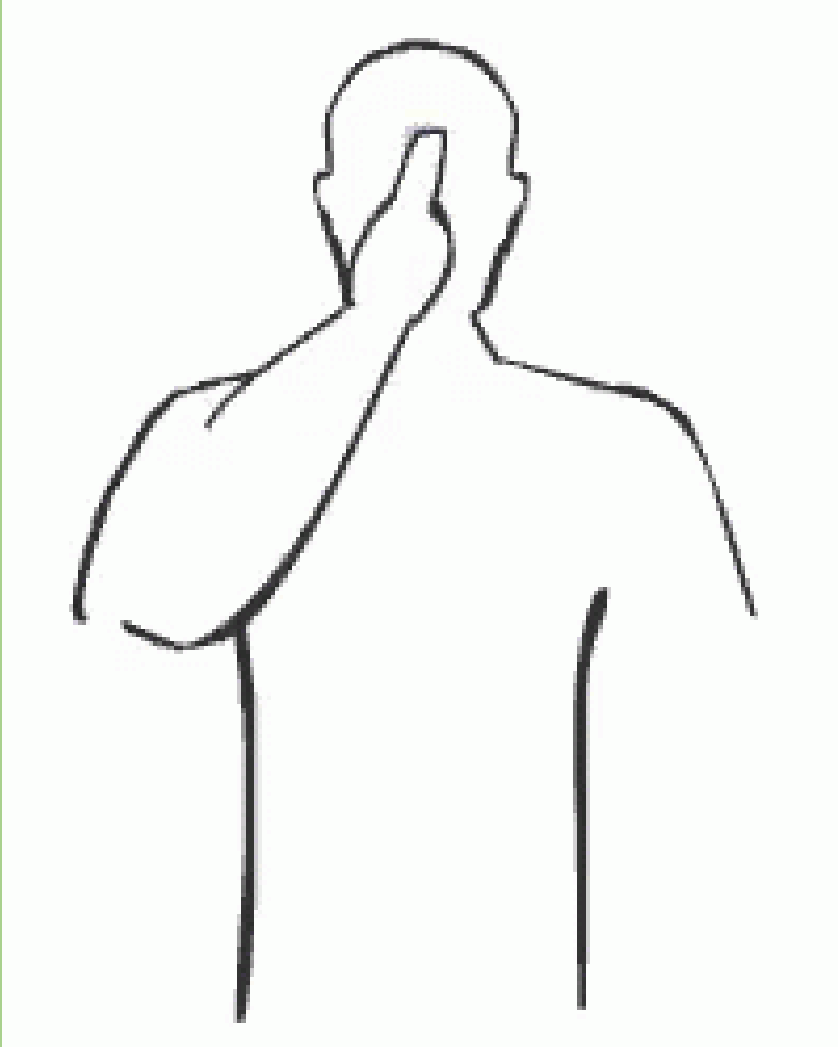
Dear God,

We ask for your guidance as we plan our path through life. Help us all to find our gifts and talents, and to choose a career that brings us joy.

Grant us the strength and determination to persevere even when we find things difficult. May we all find fulfilment and purpose in our work.

Amen

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The Parable of the Blind Guide [Luke 6:39-45](#)

Jesus told his disciples a parable, "Can a blind person guide a blind person? Will not both fall into a pit?"

No disciple is superior to the teacher; but when fully trained, every disciple will be like his teacher.

Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own? How can you say to your brother, 'Brother, let me remove that splinter in your eye,' when you do not even notice the wooden beam in your own eye? You hypocrite! Remove the wooden beam from your eye first; then you will see clearly to remove the splinter in your brother's eye.

"A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit. For every tree is known by its own fruit. For people do not pick figs from thornbushes, nor do they gather grapes from brambles. A good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks."

What are the messages from this gospel?

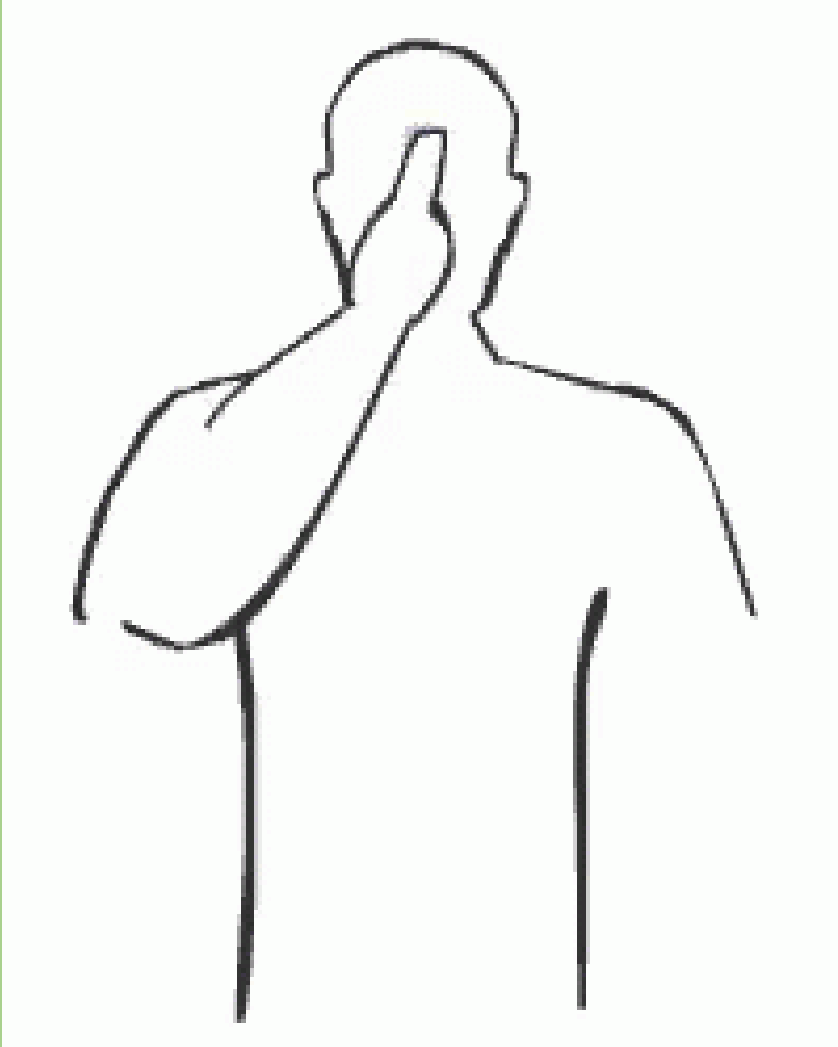
- ❖ The blind leading the blind:
- ❖ Remove the beam from your own eye before removing the splinter from your brother's eye:
- ❖ Good trees bear good fruit
- ❖ From the fullness of the heart the mouth speaks:

Dear Lord,

As you taught in your words, help me to first look within myself before judging others. Guide me to see the areas where I need to grow and change, and give me the strength to address my own shortcomings before focusing on the perceived flaws of others. May I be a source of kindness and compassion, reflecting your love to those around me.

Amen

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Shrove Tuesday and Ash Wednesday

[Pancake Day in the UK and Around the World - Celebrating Shrove Tuesday and Mardi Gras 2025](#)

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent - the 40 days leading up to Easter - was traditionally a time of fasting and on Shrove Tuesday, Christians went to confession and were "shriven" (absolved from their sins). A bell would be rung to call people to confession. This came to be called the "Pancake Bell" and is still rung today.

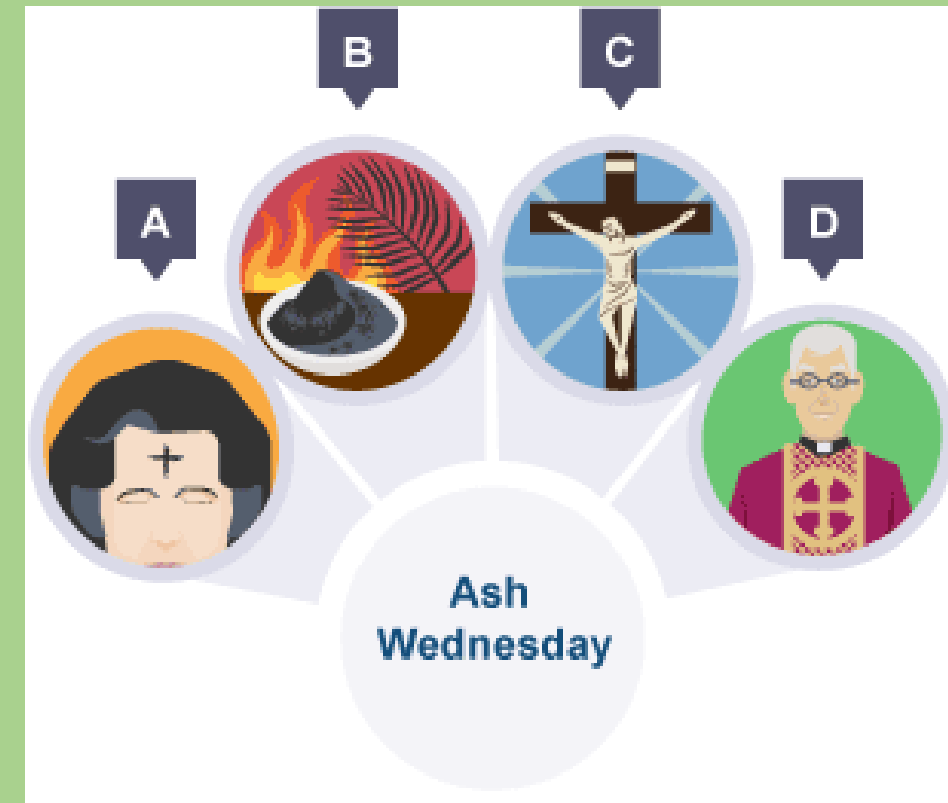
Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2025 Shrove Tuesday is Tuesday 4th March.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

What will you give up for Lent?

Remember, words are powerful. Make a promise to yourself to this Lent. Say it out loud, and stick to it.

Ash Wednesday (Wednesday 5th March 2025) marks the beginning of Lent. On Ash Wednesday, many Catholics will receive ashes on their forehead in the shape of a cross. The ashes are made from the palms from the previous Palm Sunday and they are a public sign of faith and willingness to live as Christ. As the ashes are placed on the forehead the priest will say, 'Remember that you are dust and unto dust you shall return' reminding humans of their mortality.

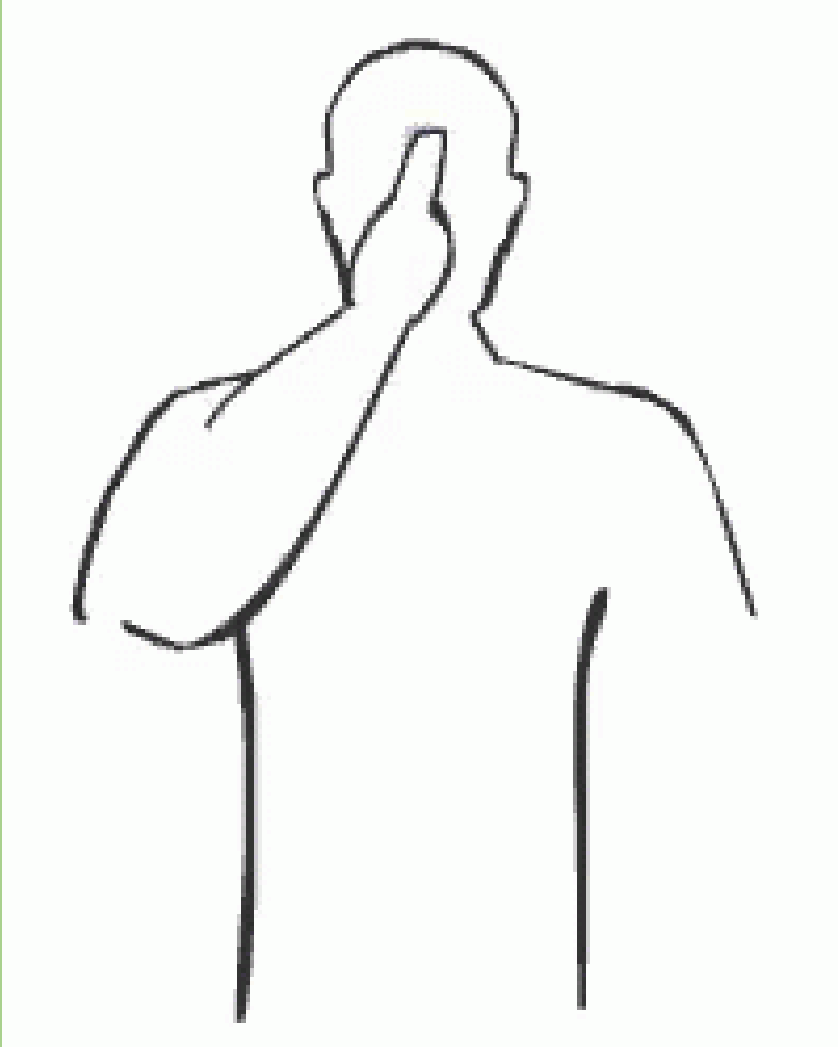


Dear Lord,

You showed us how to resist temptation during your time in the desert, and through the life you led here on earth. As this Lent season begins, remind me that I am but dust. I can do nothing without you. Help me to see the world through the eyes of those in the first Lent season, who awaited a Saviour and awaited new life through you. Thank you for your sacrifice on the cross, and help me to pray, reflect, and thank you.

Amen.

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[The Power of Words - YouTube](#)

[Words Are Powerful](#)

What is your favourite quote? Why?

Do you know what we call opinion in the absence of evidence? We call it prejudice. - *Michael Crichton, author*

I haven't failed. I've found 10,000 ways that don't work. - *Thomas Edison, inventor*

What's right isn't always popular. What's popular isn't always right. - *Howard Cosell*

Don't ever let a soul in the world tell you that you can't be exactly who you are. - *Lady Gaga*

Just because you haven't found your talent yet, that doesn't mean you don't have one. - *Kermit the Frog*

Don't find fault, find a remedy. - Henry Ford

Dear God,

You are worthy of all my praise and I want my words to be pleasing to You. Help me to control my tongue-not to speak words that wound the spirit, but words that bring peace and healing and hope. Give me words to speak to others that will bless their lives.

Amen