

This week's theme:

20 th January Ordinary Time	<u>John 2:1-11</u> 'Do whatever he tells you.'	Faith	<p>Mary's role in the wedding at Cana is important. She notices that the wine has run out, which would have been an embarrassment for Jewish family at the time, and she asks Jesus to help. Her faith and care for others are evident in her actions. Mary's request to Jesus shows her trust in His ability to help. She serves as an example of faith and trust. Reflecting on Mary's role can inspire us to have faith and trust in Jesus. We should follow her example by bringing our needs to Jesus and believing in His power to help. Mary's care and faith remind us to turn to Jesus in times of need. This story shows Jesus' first ever miracle.</p> <p>Prayer: Lord, thank You for the gifts of the Holy Spirit and the unity they bring. Help us to use our gifts for the good of all. Transform our hearts and guide us to trust in You. May we follow Mary's example of faith and trust. Amen.</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](#)

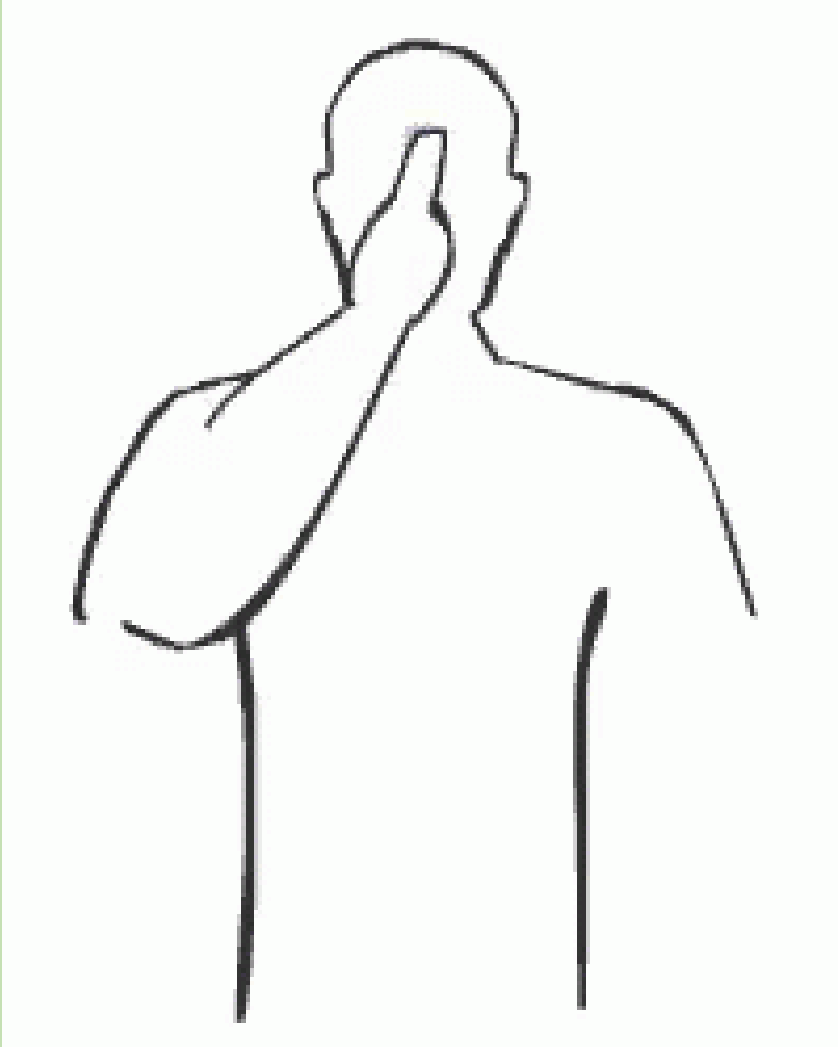
[Additional Prayer resources for form Sacred Time \Set prayers for Sacred Time.pptx](#)

[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.

Spring Term 1- Week 3

Season: Ordinary Time

Liturgical Colour: Green

Theme: Faith

Day 1

Monday 20th January – Blue Monday

'Blue Monday' is the third Monday in January. It is thought to be the most depressing day of the year.

It is a day to acknowledge and address feelings of sadness and depression that some individuals may experience, especially during the winter months.

It serves as a reminder to prioritize mental health and seek support if needed.



What can we do to help our mental health?

Reach Out: Connect with friends, family, or a mental health professional to share your feelings and seek support.

Practice Self-Care: Engage in activities that promote well-being, such as exercise, meditation, or hobbies you enjoy

Set Realistic Goals: Break tasks into manageable steps to reduce feelings of overwhelm.

Limit Stressors: Reduce exposure to stressors when possible, and prioritize self-compassion.

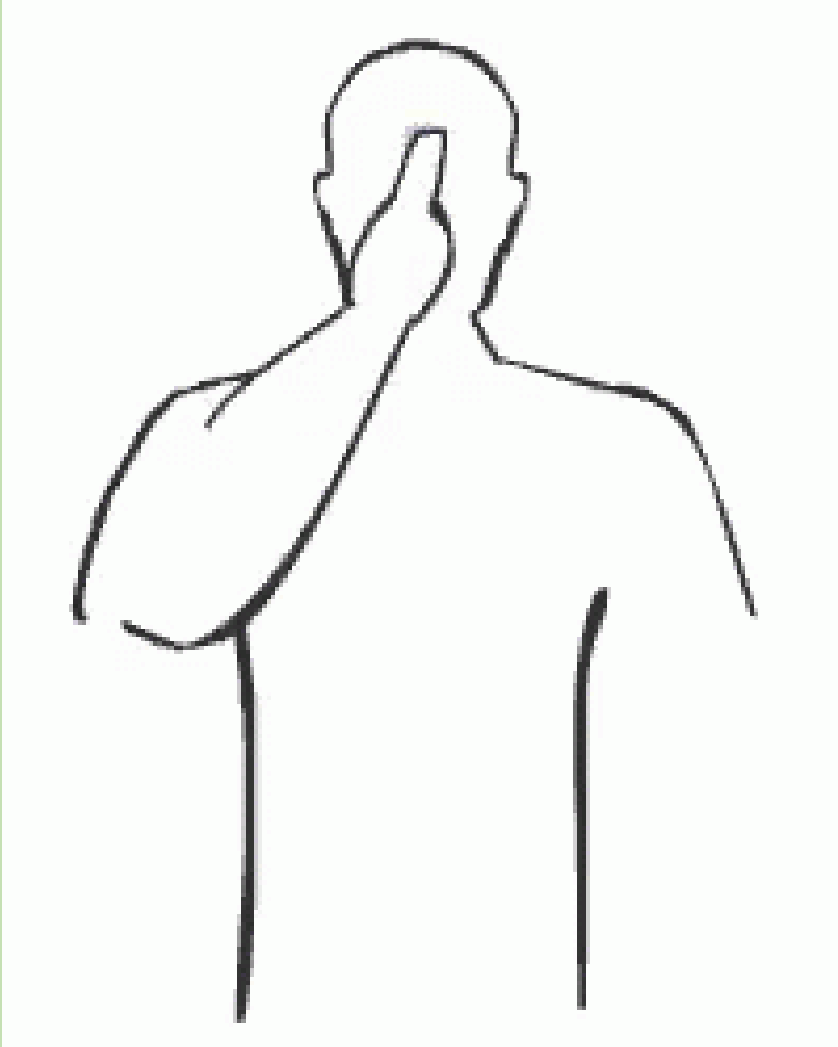
Acknowledge Emotions: It's okay to feel sad, but try to identify and challenge negative thought patterns.

Let us pray:

Heavenly Father, As I begin this new week, I come before You with a heart full of gratitude for the gift of life. Grant me the strength and courage to face the challenges that lie ahead. Guide my steps and help me make wise decisions in all that I do. May Your wisdom illuminate my path and Your love fill my heart,

Amen

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Day 2

What does it mean to have faith?

In the simplest terms, it means to choose to trust and rely on someone - for a Christian, that someone is God.

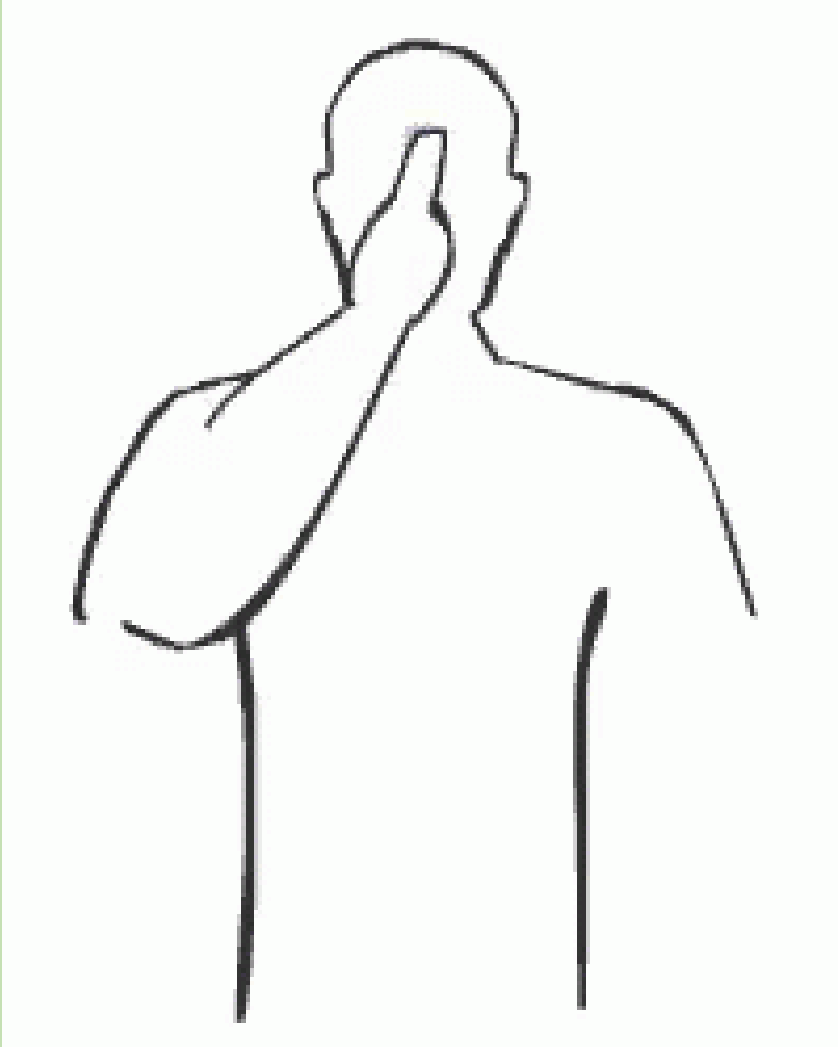
Watch the clip below:

[Jesus Turns Water Into Wine – YouTube](#)

What does this teach us about Mary's faith in Jesus?

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Day 3

Monday 20th January was Martin Luther King Day in America.

[Martin Luther King Day. Educational video A2-B1 | English Portal](#)

How does this link to faith?

MLK had faith. He was a Minister, so he had faith in God. However, he also had faith in people. He called for equality, and for everyone to be treated with dignity. He had faith that we, collectively, could do this to put an end to injustice.

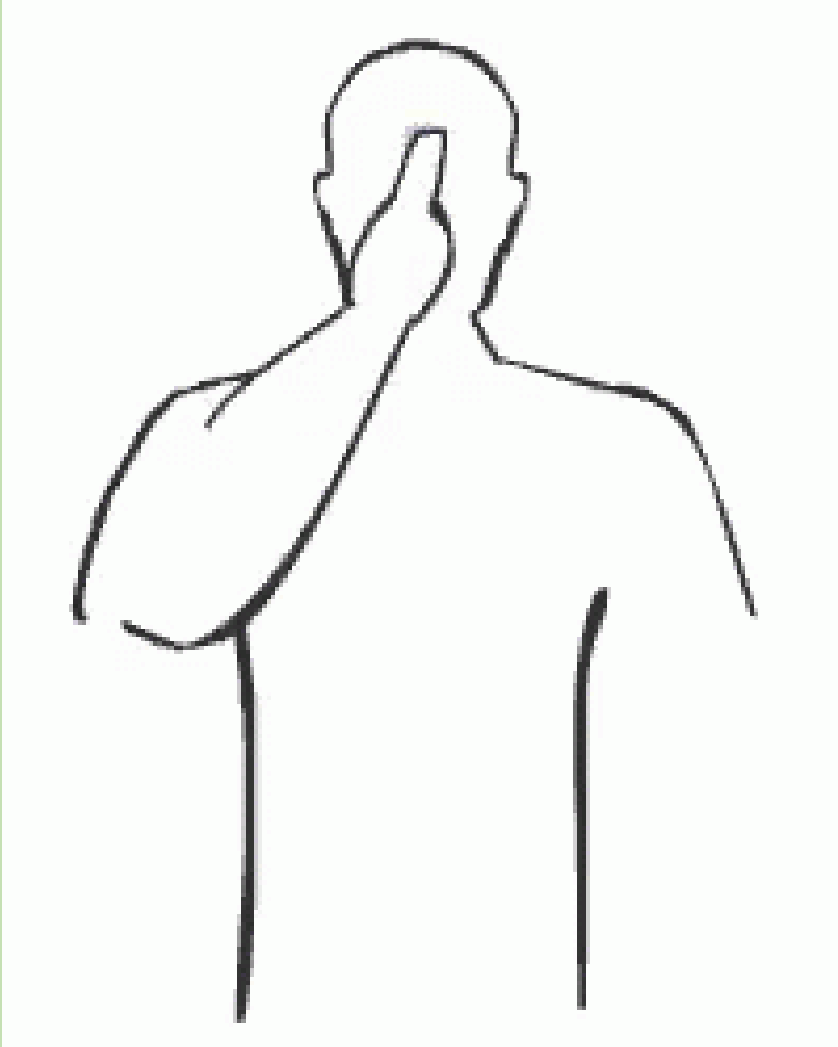
MLK day is a day when people volunteer. What could you do to help others this week?

Prayer by Martin Luther King:

God grant that all over this world, we will choose the high way; a way in which men will live together as brothers. A way in which every man will respect the dignity and worth of all human persons. A way in which men will be able to stand up, and in the midst of oppression, in the midst of darkness and agony, they will be able to stand there and love their enemies, bless those persons who curse them, pray for those individuals that spitefully use them. A way in which men will do justly, love mercy and walk humbly with God.

Amen

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Day 4

World Religion Day was on Sunday 19th January this year.

Which religions/beliefs do these symbols belong to?

How many can you name?



World Religion Day takes place each January, aiming to promote understanding and peace between all religions as well as mutual understanding and tolerance between peoples from different backgrounds.

Choose a video from the A-Z of religious beliefs to explore more:

[KS3 Religious Studies: A-Z of Religion and Beliefs - BBC Teach](#)

We give thanks for every faith tradition, named and unnamed, for the variety and richness of their spiritualities, for their united quest for truth, for their common dedication to the pursuit of peace, reconciliation and healing of the spirit. Ever unite us as one community of joy, hope, love and peace. Ever inspire us to live more genuinely and authentically, celebrating diversity...affirming unity...pursuing peace, not just for better relations among philosophies, but for a new and more just world.

Amen.