

<p>3rd February</p> <p>Presentation of the Lord</p>	<p>Luke 2:22-40</p> <p>'he took him into his arms and blessed God, saying: "Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in the sight of all the peoples: a light for revelation to the Gentiles, and glory for your people."</p>	<p>Dedication</p>	<p>The Feast of the Presentation of the Lord holds a rich historical and liturgical significance. Its origin can be traced back to Jewish tradition, as described in the Book of Exodus. In this book, it is stated that every firstborn male child belongs to God and must be consecrated to Him. This tradition was followed by Mary and Joseph, who brought Jesus to the temple to fulfil this requirement. By presenting Jesus in the temple, they were acknowledging His special mission and surrendering Him to God's will.</p> <p>'On the feast of the Presentation of the Lord in the temple, we present ourselves to God with purified spirits, so that our eyes might see the light of salvation and we might thus bring it to the entire world, as the Saints did'. - Pope Francis</p>	<p>1st February - Time to Talk Day 1st – 7th – World Interfaith Harmony Day 3rd – 9th children's mental health week 7th – Safer Internet Day</p> <p>Children's Mental Health Week</p> <p>8th – St. Josephine <u>Bakhita</u> feast day (year 11 saint)</p>	<p>Form 3 (HOY please arrange for a form/s to lead this assembly with their form tutor)</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.

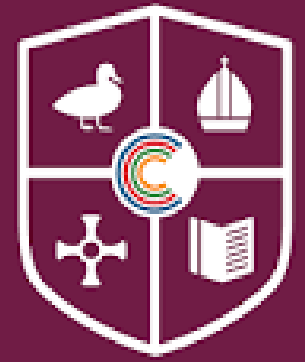
- This prayer is calling to mind God - who is the Father, Son and Spirit.
- We reminding ourselves to remember God in our **thoughts**, in our **hearts** and in the **work** we do.
- The actions make a cross to remind us about Jesus.
- The sign of the cross marks that this is a special time.

Let us make the sign of the cross together.

Spring Term 1- Week 5

Season: Ordinary Time

Liturgical Colour: Green



Sacred Time Theme: Dedication

This week's Gospel comes from Luke and describes the presentation of Jesus at the Temple in Jerusalem...

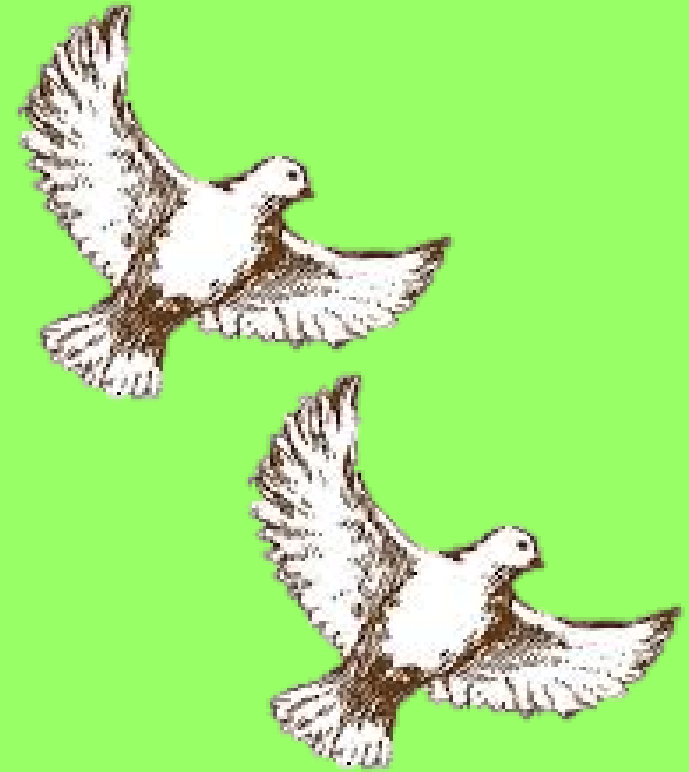


<https://www.youtube.com/watch?v=4FpiR-lcc9o>



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

- This was an event that occurred 40 days after his birth.
- According to Jewish law, firstborn sons were to be dedicated to God, and mothers were to undergo a purification ritual after childbirth.
- Mary and Joseph show dedication to observe Jewish traditions by bringing Jesus to the temple for purification and presentation, highlighting their faithfulness to God's law.
- Two doves were offered as a sacrifice to show their devotion to God.



- Simeon was an old man who had been promised by God that he would see the special saviour before he died.
- When Simeon saw Jesus at the temple, he knew this baby was the one!
- He held Jesus and praised God...
- Simeon showed dedication to his faith as he trusted God to fulfil his promise.



- Anna, an old woman , who loved God very much, was also at the Temple.
- She saw Jesus and knew right away who he was.
- Anna started telling everyone about the special baby showing her dedication to God by sharing the good news.



How is this week's Gospel relevant to me?

The theme of dedication can inspire us in our own lives. Like Mary and Joseph, we can show our dedication to God through obedience and faithfulness. Like Simeon and Anna, we can cultivate a life of devotion and service to God.

We can all play a part by dedicating our efforts to following our school's values of:

-COURAGE
-COMPASSION

-COMMITMENT
-COMMUNITY

Dear God,

Thank you for this day and for all the good things in my life. I want to give my heart to you. Help me to learn more about you and to follow your way. I want to be kind and helpful to others, and to use my gifts to make the world a better place. I dedicate myself to you, to serving you and loving you with all my heart.

Amen.



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Theme of the Week - Dedication

Day 2

Time To Talk Day
1st February

Children's Mental Health Week
3rd - 9th February



'Time to Talk Day' is an annual awareness day held at the beginning of February. It's a day for us all to start a conversation about mental health.

Talking about mental health isn't easy. But a conversation has the power to change lives...



Time to Talk

1 in 8 young people will experience a mental health problem

You don't have to be an expert

You don't have to 'fix' anything

The importance thing is to **get talking!**



i'm
here
to listen

Mental health

We all have mental health just as we all have physical health

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.

There are things we can all do to help take care of our mental health and wellbeing...



Time to Talk...

REFLECTION...

What do *you* do to take care
of your mental health?



Self care tips

These simple tips come from young people who campaign for better understanding of mental health...



DISCUSS:

- What will you do to *dedicate* taking care of your own mental health?

- Spending time away from social media
- Chatting with friends
- Sport with mates
- Joining a community activity or event
- Getting outside in the sunshine (or rain!)
- Celebrate your successes and highlights
- Time for you!

8 Ways to Wellbeing...



1. Talking
2. Exercising
3. Calming
4. Learning
5. Relating
6. Contributing
7. Creating
8. Congratulating

- being open with people I trust about how I'm feeling.
- looking after my body, playing sport, eating healthy.
- trying meditation, good sleep habits like turning my phone off early.
- a new skill, a great way to gain confidence.
- spending time with the people I care about.
- helping others or contributing to causes I believe in.
- expressing myself creatively e.g. music, art, drama, writing.
- being kind to myself or listing the qualities I value in myself.

** Teacher- see slide notes for ideas*

Useful organisations you can find online for more info, tips and support with mental health.

**Ask your form tutor for more information*

Remember to **TALK!**

This can be a relative/friend/teacher...



Anxiety UK

Dear God,

Thank you for this day, and for all the good things in my life. Please help me to understand my feelings. Help me to know that it's okay to feel all sorts of things, even the uncomfortable ones. Help me to talk about my feelings with someone I trust, like my family or friends, or a grown-up at school.

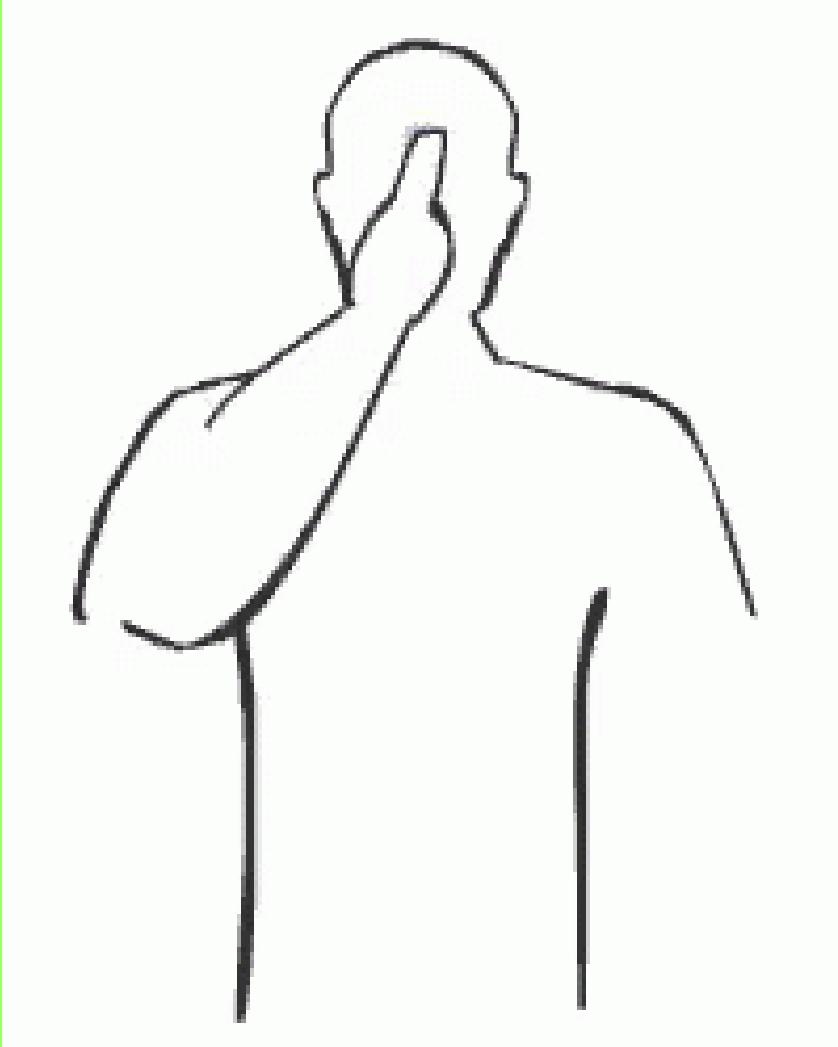
Please give me the strength to be kind to myself, especially when I'm not feeling my best. Help me remember to breathe deeply, and to find things that make me happy, like exercising outside, reading a book, or spending time with people I love.

Help me to be kind to others too, because everyone's mind can feel a bit wobbly sometimes. Let us all be gentle with each other, and remember that we are all learning and growing.

Thank you for listening, God.
Amen.



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Theme of the Week - Dedication

Day 3

World Interfaith Harmony Week
1st - 7th February



The World Interfaith Harmony Week was proposed by H.M. King Abdullah II of Jordan at the U.N. General Assembly in September 2010.

A month later, the U.N. declared that the first week of February will be celebrated as World Interfaith Harmony Week.



The celebration is based on the works of The Common Word initiative which got Muslim and Christian leaders to discuss the two common fundamental religious teachings:

- the love of God
- the love of the neighbour



Our **Mission** at St Cuthbert's
is just that!

We work together as a
Christian family to live the
message of the Good News of
Jesus Christ to **love God** and
our neighbour.



During this week, leaders of various faiths gather to discuss how religion can enrich the lives of believers and how that makes the world a better place e.g. goodwill, the power of kindness, charity and healing.



World Interfaith Harmony is dedicated to getting people to realise that our **common values** of love, faith, and kindness easily outweigh our differences.

With patience and humility, we could all make the world a wonderful place to live in — one where faith **unites** and religion is not a means of oppression.



Religion Quiz:

Which religion is the largest in the world?

Christianity!
There are about 2.5 billion practicing Christians.



Religion Quiz:

How many atheists are there?

There are about 1.2 billion non-believers.



Religion Quiz:

Which three religions are known as the Abrahamic religions?

*Christianity, Islam and Judaism!
Meaning that they all worship a
God who had a covenant with
Abraham.*



Religion Quiz:

Which religion is the second largest?

Islam!
There are 2 billion followers.



So, why is World Interfaith Harmony Week is Important?

1. It promotes peace

Celebrations such as World Interfaith Harmony Week promotes peace and unity among people of all faith. It makes them believe in the goodness of people.



So, why is World Interfaith Harmony Week is Important?

2. It celebrates humanity

The most important objective of World Interfaith Harmony Week is celebrating humanity. Throughout the week, the good deeds of humanity are highlighted. The week also inspires us to be better.



So, why is World Interfaith Harmony Week is Important?

3. It celebrates unity in diversity

World Interfaith Harmony Week celebrates the unifying function of faith. It remind us that despite our differences, we are connected by acts of love and devotion.



REFLECTION...

- How can I bring peace into my day-to-day life?
- What good deeds could I do for someone else?
- How can I be better this week than last?
- How can I show love?
- How can I show dedication to good things?

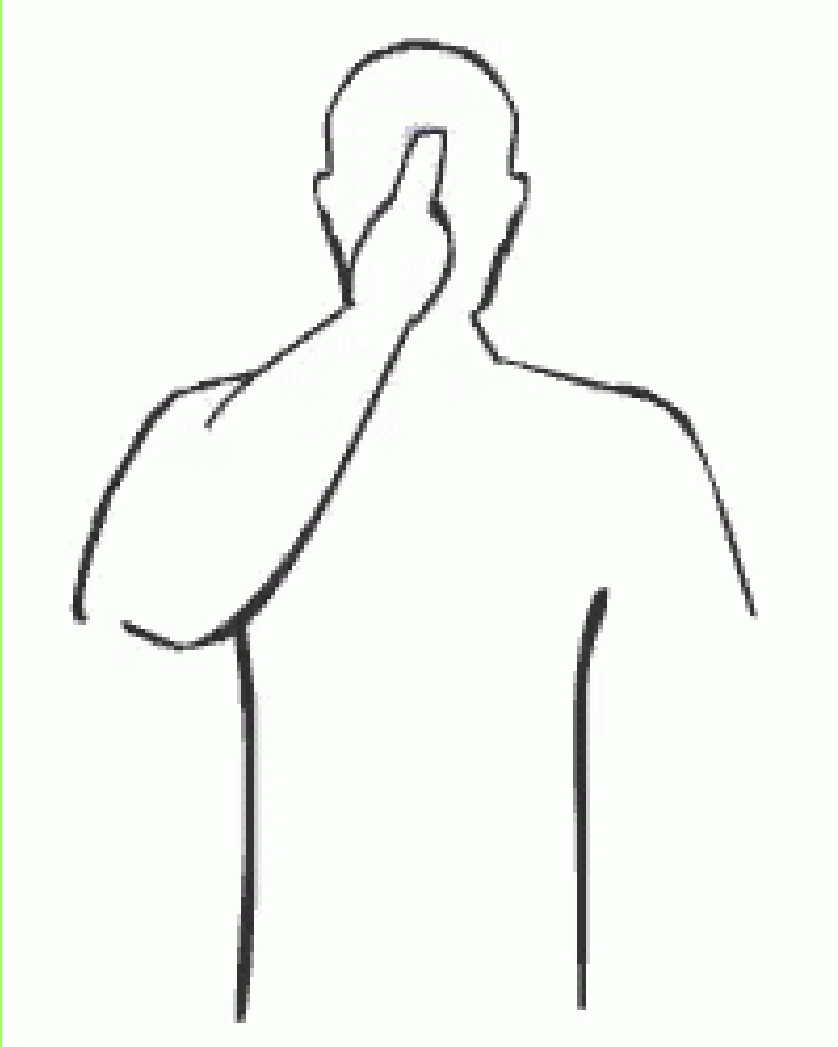


Thank you, God, for all the ways we are different. We are all your children, And we are all special. Help us to celebrate our differences, And to live together in peace. Help us to be kind to everyone, Even if they are different from us. Help us to remember that we are all part of the same human family. Thank you for all the ways you love us.

Amen.



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Theme of the Week - Dedication

Day 4

St. Josephine Bakhita Feast Day
Year 11 Saint
8th February





- St. Josephine Bakhita (1869-1947) was a former slave who became a saint.
- She is the patron saint of Sudan and victims of human trafficking.
- She is considered a modern African saint and a symbol of resistance to slavery.



- On the 8th February, Catholics are encouraged to pray for those affected by these crimes and for those working to eradicate them.
- St. Josephine Bakhita's life story is a powerful testament to the resilience of the human spirit and the triumph of faith over adversity.
- Kidnapped and sold into slavery as a child, she endured unimaginable suffering before finding freedom and ultimately dedicating her life to God.



<https://www.youtube.com/watch?v=PaWU1AzhF>

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St Josephine Bakhita feast day serves as a reminder of the ongoing struggle against human trafficking and the importance of standing in solidarity with its victims.



REFLECTION...

Think about the areas of your life in which you are not free.

What enslaves you? Your phone? An addiction? Resentment? A relationship? Be totally honest with yourself...



Saint Josephine Bakhita, as a child, you were sold as a slave and had to spend untold difficulties and suffering. Once freed from your physical slavery, you found the true redemption in your encounter with Christ and his Church.

St. Bakhita, help those who are trapped in slavery; intercede on their behalf before God so that they are freed from the chains of captivity. May God free anyone who has been enslaved by man.

Provide relief to those who survive slavery and allow them to see Him as a model of faith and hope. Help all survivors to find healing for their wounds. We beg you to pray and intercede for those who are enslaved among us.

Amen