

A close-up photograph of a hand, palm facing up, with a vibrant rainbow spectrum projected onto the skin. The colors transition from red at the base of the hand to violet at the fingers. The background is a soft, out-of-focus light.

# Sacred Space

20th to 25th April 2020

St Nicholas Catholic High School

## Power of Kindness

Attached to your resources this week is a Power of Kindness calendar and log. It was on last week as well but I will leave it on for now

It can be difficult to remember kindness at difficult times. We tend to think of what we need rather than what other people may need. We are especially likely to take others for granted so it is always a good idea to remind ourselves to be kind.

You may want to do this yourself or with your family.

If you are printing the pages from the ppt remember to choose 'current page' only.



No act of kindness,  
no matter how small  
ever goes unnoticed.

# Sunday Gospel John 20:19-31

THE  
GOD  
WHO  
SPEAKS



Listen to the Gospel here

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive, they are forgiven;

for those whose sins you retain, they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them.

The doors were closed, but Jesus came in and stood among them. 'Peace be with you' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him:

'You believe because you can see me. Happy are those who have not seen and yet believe.'

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.

# Sunday Space

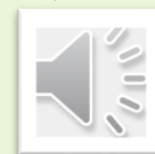
## Listen to the Gospel

Something new this week – I have put a ‘reading’ of the Gospel with the text as you may prefer to listen than read.

## Listening to Mairie

And here is my reflection on the Gospel that you might like to think about. Let me know if you have listened and what did you think.

(You have to give it a few seconds to start)



## Listening to God

A sheet is attached to help you think about your own prayer and how you can develop your relationship with God in everything that you do.

I am praying for you every day and hope that you and your family are well. If you have any prayers you would like me to say for you, please email me. [M.gelling@st-Nicholas.Cheshire.sch.uk](mailto:M.gelling@st-Nicholas.Cheshire.sch.uk)

God Bless, Mairie



# Mindful Monday



At the start of the week, we begin with a sense of knowing that where we are is maybe not where we are meant to be.

*"It is not we who seek the Way, but the Way which seeks us. That is why you are faithful to it, even while you stand waiting, so long as you are prepared, and act the moment you are confronted by its demands."*

— Dag Hammarskjöld  
Lord, lead us on. Amen

*'There was one of the Pharisees called Nicodemus, a leading Jew, who came to Jesus by night and said, 'Rabbi, we know that you are a teacher who comes from God; for no one could perform the signs that you do unless God were with him.' Jesus answered:*

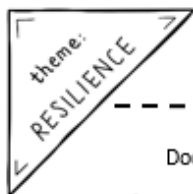
*'I tell you most solemnly, unless a man is born from above, he cannot see the kingdom of God.'*

*John 3*

Jesus suggests that we can't be taught faith – we have to accept it as a gift and then we can see the Kingdom of God (a place of justice and compassion) all around us. I wonder if you would agree that 'Captain Tom' has given us a sign of faith with his inspiring action that has brought out the best in so many people?

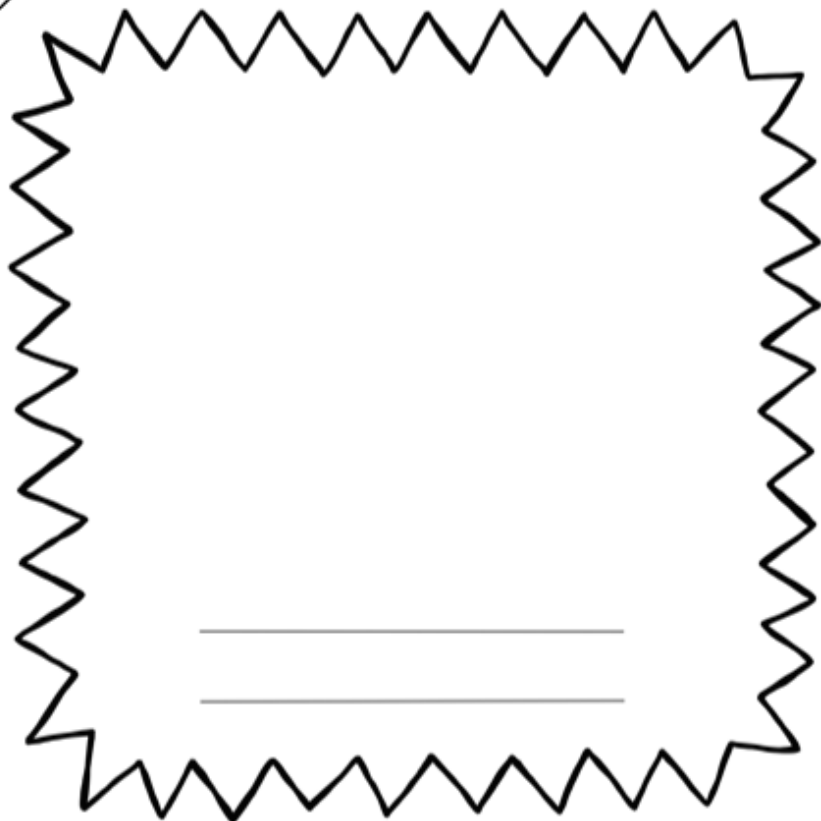
Who has inspired you recently?

[Captain Tom](#)



## LAUGHTER

Doodle something which has made you laugh recently:



'A CHEERFUL HEART  
IS GOOD MEDICINE'

Proverbs 17:22

BIBLE BIT

The book of Proverbs in the Bible is a bit like a book of good advice. Even in Biblical times they recognised that laughter is good for your mental and physical health!



### DID YOU KNOW?

There is a type of therapy called '**Laughter Therapy**' which uses humour to improve wellbeing and relieve pain. Some hospitals also have '**Giggle Doctors**' who are similar to clowns but are specially trained to help reduce anxiety for children in hospitals.



- What's your favourite joke?
- What gives you joy when you are feeling sad?

Challenge yourself to make someone laugh today.

Who will it be?

### PRAYER IDEAS:

Thank God for the things in your life which make you smile and laugh.

Pray for your friends who are sad at the moment.



# Thankful Tuesday



We often think about what we want. Let's think about what we already have.

We are surrounded by good fortune. Take a moment to count your blessings.

*"God gave you a gift of 84,600 seconds today. Have you used one of them to say thank you?"*

— William Arthur Ward

*Lord, Help me see the present in the present. Amen*

Jesus said to Nicodemus:

'Do not be surprised when I say: You must be born from above. The wind blows wherever it pleases; you hear its sound, but you cannot tell where it comes from or where it is going. That is how it is with all who are born of the Spirit.'

John 3

The poetry of John's Gospel can make it seem confusing. Jesus reminds us that God's voice speaks in us and we see God's presence in many experiences. We have lots of traditions (some we have missed out on this year) that give us space to be with God but God will always find ways to be with you.

**I will be with you**



# Wonder Wednesday



It's good to take a moment and pay attention to the small but important something that may be in front of our eyes.

*"You'll never find a rainbow if you're looking down"*

— Charles Chaplin

*Lord, remind me to look up. Amen*

*'For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'*

John 3

When times are difficult people often wonder if God is angry with them or distant from them. Jesus reminds us that he is proof of God's love and he will always be with us.

*Somewhere over the Rainbow*





## BROKEN TO BEAUTIFUL

### QUIZ: GUESS THE CELEBRITY

Everyone goes through trials and suffering in life. Below are some famous people who have turned their struggles into positives. Try and guess each one:



*This athlete was born with Achondroplasia (Dwarfism) which makes life difficult in many ways. However at age 13 she became the youngest British gold medalist for swimming in the Paralympics and she hasn't stopped since.*

WHO AM I? .....



*Despite being born without any limbs, and being initially rejected by his mother, this man has become an internationally famous motivational speaker and award-winning actor.*

WHO AM I? .....



*This former model was brutally attacked with acid in 2008 causing major facial disfigurement and blindness. She has since set up a foundation to help other burns victims and has made several TV shows about disfigurement and body image.*

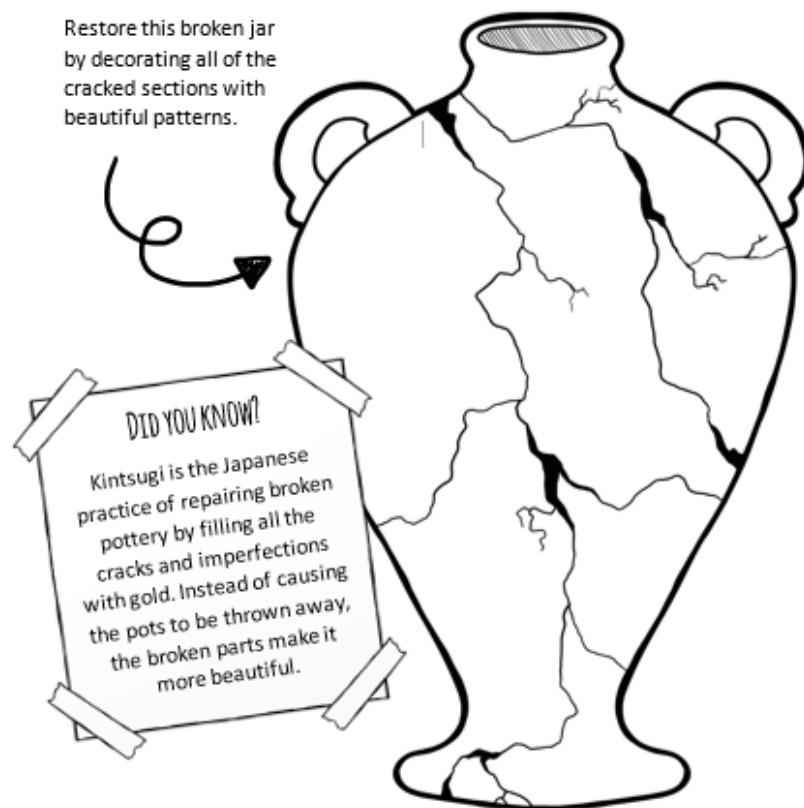
WHO AM I? .....

Christians don't believe that God causes suffering, but He can use it for good if we ask Him. He can turn something broken into something beautiful.

BIBLE BIT

"THE GOD OF ALL GRACE, AFTER YOU HAVE SUFFERED A LITTLE WHILE, WILL HIMSELF RESTORE YOU AND MAKE YOU STRONG, FIRM AND STEADFAST." — 1 PETER 5:10

Restore this broken jar by decorating all of the cracked sections with beautiful patterns.



Which areas of your life feel broken or damaged? How can it be used for good?

.....

.....

PRAYER IDEAS

Ask God to restore the broken parts of your life and bring something good out the bad.

# Thoughtful Thursday

THE  
GOD  
WHO  
SPEAKS



Oh, Thursday already.  
Where does the time go?  
Anything that needs to  
change?

*“Everyone thinks of  
changing the world, but no  
one thinks of changing  
himself.” — Leo Tolstoy*

*Lord, let me be changed by  
you – so, together, we can  
change the world. Amen*

‘The Father loves the Son  
and has entrusted everything to him.  
Anyone who believes in the Son has eternal  
life,’

John 3

After Easter we are reminded of the  
promises and prophecies that came before.  
This quote from John the Baptist reminds us  
to trust in Jesus.

[I believe in Jesus](#)



# Fabulous Friday



Another week. How was it for you?.  
Reflect back on your successes and your challenges. Are you beginning Friday in the best place? If not, now's the time to make it right. If so – then – *Fantastic!*

*“Happiness is within. Each day is a blessing that brings an abundance of happiness. Therefore, finding happiness should be like finding a gift in a stack of gifts.” — Steve Maraboli*

*Lord, may we find happiness in you. Amen*

*‘ Every day they went on ceaselessly teaching and proclaiming the good news of Christ Jesus, both in the temple and in private houses.’*

Acts 5

If you can...take on the role of looking for good news going on around your area and around the world. Keep a good news jar or journal to look back on.

*Rescuer*



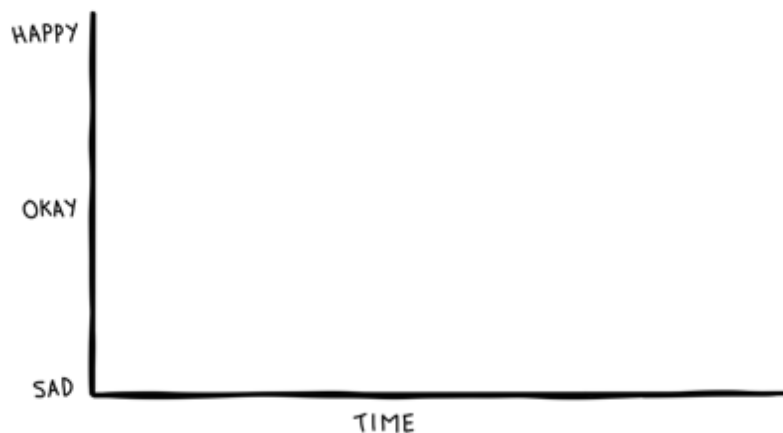
## EMOTIONAL AWARENESS

Circle how you are feeling today:



Write three words to describe how you feel today:

Draw a line on this graph to show your mood over the past week. If there are any particularly high or low parts, note down the reason next to the graph.

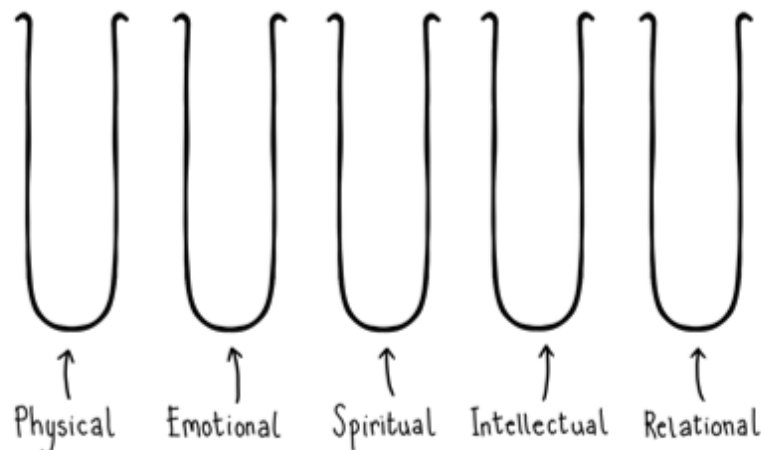


Thank God for the happy times you've had this week.  
Ask God to help you when you feel difficult emotions.

## HOW FULL ARE YOUR 'TANKS'?

Shade in each tank below with how 'full' you are in that area of your life.

- **Physical** = how your health is (e.g. illness, sleep, diet, exercise)
- **Emotional** = how stable and positive your emotions are
- **Spiritual** = how stable and healthy your core beliefs are
- **Intellectual** = how much your brain is being challenged
- **Relational** = how your friendships and other relationships are



Write one thing you can do this week to fill up a tank that's getting low:

### BIBLE BIT:

"YOU KNOW MY THOUGHTS BEFORE I THINK THEM" – PSALM 139:2

Sometimes we don't even understand our own thoughts, but we can take comfort in knowing that God knows exactly what is going on in our minds and we can talk to Him about it.



## These Are The Hands by Michael Rosen

These are the hands  
That touch us first  
Feel your head  
Find the pulse  
And make your bed.

These are the hands  
That tap your back  
Test the skin  
Hold your arm  
Wheel the bin  
Change the bulb  
Fix the drip  
Pour the jug  
Replace your hip

These are the hands  
That fill the bath  
Mop the floor  
Flick the switch  
Soothe the sore  
Burn the swabs  
Give us a jab  
Throw out sharps  
Design the lab.

And these are the hands  
That stop the leaks  
Empty the pan  
Wipe the pipes  
Carry the can  
Clamp the veins  
Make the cast  
Log the dose  
And touch us last.



# Simply Saturday

THE  
GOD  
WHO  
SPEAKS

*We pray today for all those  
affected by the Pandemic.  
And add our own intentions  
to the prayers of the world.*