



EVERYONE IS

WELCOME

Sacred
Space

14th to 20th June 2020

St Nicholas Catholic High School

Refugee Awareness Week



Check the website for details

[Refugee week](#)

Refugee Week
A Virtual Festival
15-21 June 2020

Sunday Reading – Matthew 9:36-10:8



When Jesus saw the crowds he felt sorry for them because they were harassed and dejected, like sheep without a shepherd. Then he said to his disciples, 'The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest.'

He summoned his twelve disciples, and gave them authority over unclean spirits with power to cast them out and to cure all kinds of diseases and sickness.

These are the names of the twelve apostles: first, Simon who is called Peter, and his brother Andrew; James the son of Zebedee, and his brother John; Philip and Bartholomew; Thomas, and Matthew the tax collector; James the son of Alphaeus, and Thaddaeus; Simon the Zealot and Judas Iscariot, the one who was to betray him. These twelve Jesus sent out.'

Sunday Space



A return to the mission and a time when Jesus seems to accept that he can't fulfil his mission on his own. He calls his closest friends and followers and sends them out to do the same work that he is doing. In Matthew, it is the twelve, in Luke it is seventy-two, but either way, Jesus is trusting human beings to do God's work. The names of the apostles are very familiar to us and we may well know some names among our friends and family. However, at the time of Jesus these names were very particular to regions and ethnicity and you could tell where someone came from by their name. The apostles are a cross-section of the society of the time and the only common factor is that none of them, except perhaps Andrew, would have expected to be doing what Jesus asked. It took courage for them to step away from their 'known' world, and yet they went and they returned with great celebration.

In Refugee Awareness Week we are also sent to give the Good News to people, to welcome them and to create a place where they can heal and flourish. The 'Imagine' slide takes you to the various 'virtual' links and resources for this week.

Please do have a good week and take care of yourselves as the lockdown starts to ease it is time to be making good decisions about our own actions. 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, or if you would like a chat - please email me. M.gelling@st-Nicholas.Cheshire.sch.uk

God Bless, Mairie

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

Month of the Sacred Heart

THE
GOD
WHO
SPEAKS



June is given over as the month of the Sacred Heart of Jesus and the readings remind us of his love for us.

The image of the Sacred Heart can seem a little melodramatic – even quite gothic.

Here is an explanation of the symbolism around the devotion to the Sacred Heart

[The Sacred Heart](#)

Have a listen and think about how Jesus' heart, and love, is there for you.

Although I do like my granddaughter's explanation the best ' Nanny – Jesus' heart has to be on the outside because it is so big with love that it doesn't fit on the inside.'



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

‘Jesus said : ‘You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away.’

Matthew 5

[Rebuilding a life](#)

Wellbeing Bingo!

@missgeorg12



Go for a walk



Have a dance



Learn something new about the world



Healthy snacks only!



Watch a documentary



Learn 5 words in a new language



Bake something!



Sing along to your favourite songs



Write a story

Alongside your daily staples of completing your home learning and keeping active, how many wellbeing activities can you complete today?

Can you get a full house?!



Stay safe, and stay at home ©

Thankful Tuesday



We often think about what we want.

We rarely 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?"

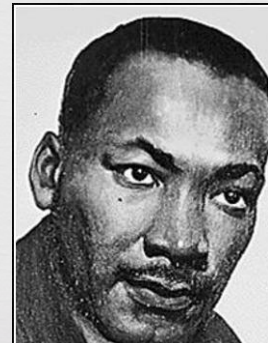
— William Arthur Ward

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

'Jesus said to his disciples: 'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be children of your Father in heaven.'

Matthew 5

[It could be anyone](#)



Love even for enemies is the key to the solution of the problems of our world.

— Martin Luther King —

The animation, which features in the Imperial War Museums 2020 exhibition, follows Habib, who journeyed to the UK from Afghanistan at just 14, and his experience of transitioning to adulthood. The animation was co-produced with Habib himself, alongside Majid Adin the artist who created the official animation for Elton John's Rocket Man.



[Animation - Story of Habib](#)

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

GENEROSITY

the most *natural* outward expression
of an inner attitude of *compassion*

'Jesus said : 'Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.'

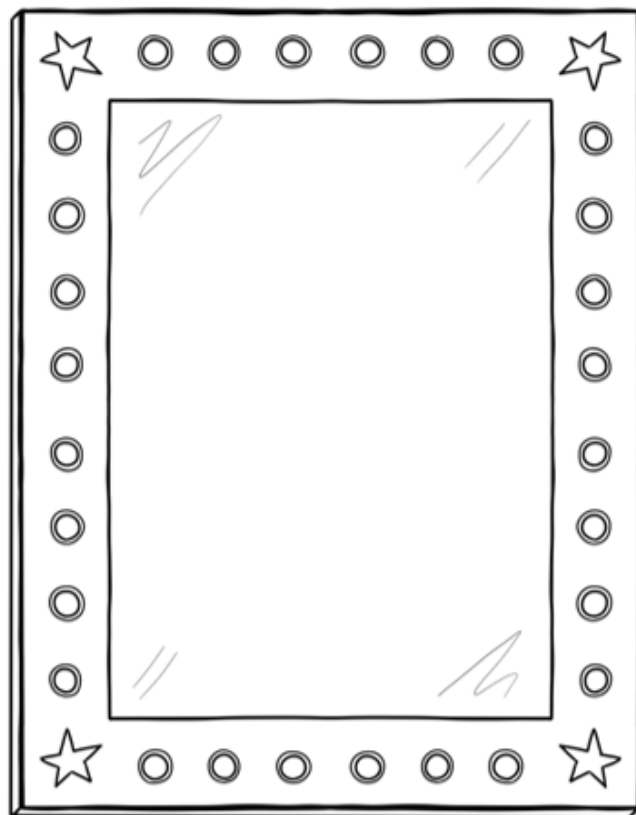
Matthew 6

[One generation to the next](#)



CREATED ON PURPOSE

Have a go at drawing a self-portrait below:



One thing I like about my looks is:

.....

The Bible says that

*You are fearfully and
wonderfully made*



Psalm 139 includes lots of truths about how we were created – it says that God knit us together in our mother's womb and that God's thoughts towards us are more than the number of grains of sand.

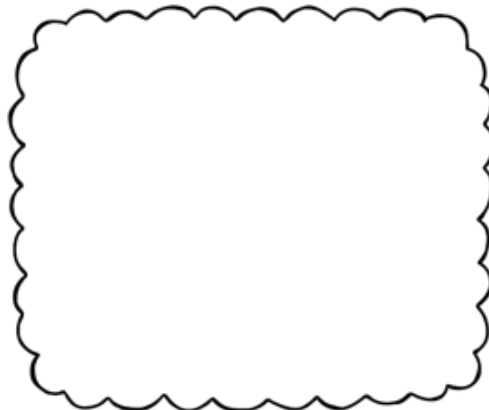
You are not an accident or a coincidence, you were created on purpose.



Write or draw the best
thing you've ever made

How did you feel when
you finished it?

.....
.....
God is proud of His
creation...including you!



PRAYER IDEAS

Praise and thank God for the way He created you.

Ask God to give you confidence when you are feeling
self-conscious or worried about your looks.



Thoughtful Thursday



Where does the time go?
Maybe time to focus on where
the week is going?
Anything that needs to change?

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

Lord, remind me to look up. Amen

[Global Sponsorship](#)

Jesus said to his disciples; your Father knows what you need before you ask him. So you should pray like this:

'Our Father in heaven,
may your name be held holy,
your kingdom come, your will be done,
on earth as in heaven.

Give us today our daily bread.

And forgive us our debts, as we have forgiven those who are in debt to us.

And do not put us to the test,
but save us from the evil one.

'Yes, if you forgive others their failings, your heavenly Father will forgive you yours; but if you do not forgive others, your Father will not forgive your failings either.'

Fabulous Friday



Take a minute.

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!*

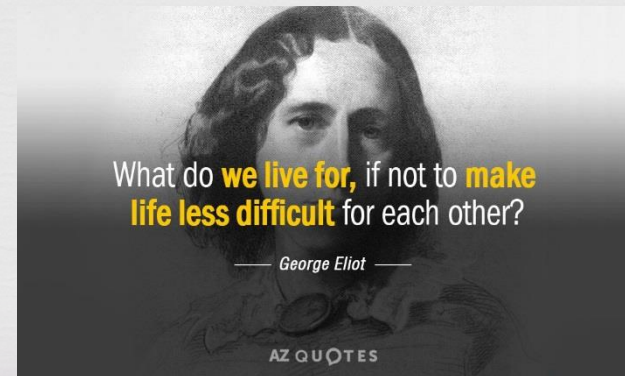
"Happiness is within. Each day is a blessing that brings an abundance of happiness. Therefore, finding happiness should be like finding a gift in a stack of gifts." — Steve Maraboli

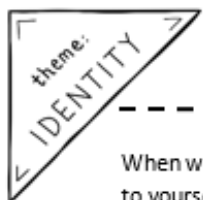
Lord, may we find happiness in you. Amen

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

Matthew 11

[Lean on Me](#)





VALUING MYSELF

When we value someone, it's easy to be kind to them. Being kind to yourself, taking time to relax and sometimes treating yourself will improve your mental health and help you to value yourself.

Complete the checklist below by adding your own ideas of

ways to be kind to yourself

- | | |
|---|--|
| <input type="checkbox"/> GO OUTSIDE | <input type="checkbox"/> PRACTICE THANKFULNESS |
| <input type="checkbox"/> PHONE A FRIEND | <input type="checkbox"/> WATCH A KIDS MOVIE |
| <input type="checkbox"/> GET AN EARLY NIGHT | <input type="checkbox"/> |
| <input type="checkbox"/> EAT SOME CHOCOLATE | <input type="checkbox"/> |
| <input type="checkbox"/> TAKE A BATH | <input type="checkbox"/> |
| <input type="checkbox"/> WRITE A LETTER | <input type="checkbox"/> |

See how many you can do this week and tick them off when you have.

Who values you the most?

Draw a picture of them:

How do they show you this?

.....

.....

.....

Who do you value the most?

.....

Christians believe God values us so much that He sent His son Jesus to die for us so that God could have a relationship with us.

BIBLE BIT

"God loved the world so much that he gave his one and only Son so that whoever believes in him may not be lost, but have eternal life."

JOHN 3:16

PRAYER IDEAS

Thank Jesus for what He did on the cross.

Ask God to help you value and be kind to yourself.

Prayers of the Church



Our Father who art in heaven, hallowed be thy name.

Thy kingdom come.

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Glory be to the Father, the Son and the Holy Spirit. As it was in the beginning, is now and forever will be, world without end. Amen

Simply Saturday

Prayer for the World
God of love and hope,
you made the world and care for all
creation,
but the world feels strange right now.
The news is full of stories about
Coronavirus.

Some people are worried that
they might get ill.

Others are anxious for their family
and friends.

Be with them and help them to find peace.

We pray for the doctors and nurses
and scientists,

and all who are working to discover
the right medicines
to help those who are ill.

Thank you that even in these anxious
times,

you are with us.

Help us to put our trust in you and
keep us safe. Amen

*We pray today for all those
affected by the Pandemic.*

*And add our own intentions
to the prayers of the world.*

Amen