

Monday 19th October



School Inspired Pray

Mary, Queen of Angels.
We give you thanks for
your dedication and
love to Jesus Christ.
May we, too, have that
love and purity in
both heart and mind:
'In the Cross, while I
breathe, I trust'.
Amen.



Tuesday 20th October - Sincerity (St Paul of the Cross)



Paul Danei was born in northern Italy in 1694 and as a young man felt called to a life of prayer. In 1720 he began writing a rule for a new community, which became the Passionists, who take the passion of Jesus as the centre of their lives. He believed that remembering how much Jesus suffered out of love was the surest way to know how loved we are. He and his companions travelled to preach in villages, especially among poor and neglected communities, and he was known for his gentleness and simplicity. He died in Rome in 1775 and was canonised in 1867. His message is a good one for anyone going through a hard time: God is closest to us when we are struggling.

Tuesday 20th October



Gentle God, we remember St Paul of the Cross,
who taught that nothing shows your love more
than Jesus' love for us. Help us to be sincere:
to say what we mean, to be honest about how we
feel, and not to hide behind a mask. Be close to
anyone who is carrying something heavy today,
and make us gentle with one another. When life
is hard, remind us that we are never alone.

Amen.

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Wednesday 21st October - Justice (Black History Month)



Black History Month has been marked in the UK every October since 1987. It is a time to celebrate the achievements of Black people, past and present, and to learn parts of our shared history that haven't always been told. The Church has always been part of that story. The Acts of the Apostles describes an Ethiopian official being baptised within years of Jesus' resurrection, and three popes of the early Church came from North Africa. St Josephine Bakhita was born in Darfur, in present-day Sudan, in the late 1860s. She was taken from her home as a child and sold into slavery, and she was eventually freed in Italy. She became a Canossian sister, known for her gentleness and her forgiveness of those who had hurt her. She was canonised in 2000, and she is the patron saint of Sudan and of survivors of trafficking.



Wednesday 21st October

Loving God, you made every one of us, and you love us all the same. This week we celebrate Black History Month. We thank you for the courage, creativity and faith of Black people throughout history, many of whose stories we have never been taught.

We remember St Josephine Bakhita, who was taken from her home as a child and sold into slavery, yet forgave those who harmed her and spent her life caring for others.

Help us to learn the stories we haven't heard. Help us to notice when someone is treated unfairly because of their background or the colour of their skin, and give us the courage to speak up. May everyone in our school feel that they belong, and know that they are valued for who they are.

Amen.

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Thursday 22nd October – Joy (St John Paul II)



Karol Wojtyła was born in Poland in 1920 and worked in a quarry and a chemical factory during the Second World War before training secretly as a priest. He was elected pope on 16 October 1978, the first non-Italian pope in over 450 years, and his first words to the world included "Be not afraid." He travelled more than any pope before him, and in 1982 he became the first pope to visit Britain, including Wales. He started World Youth Day in 1985 because he believed young people were essential to the life of the Church. He died in 2005 and was canonised in 2014. His feast is kept on 22 October, the anniversary of the Mass that began his papacy.

Thursday 22nd October



Joyful God, we thank you for St John Paul II,
who loved young people and told the world to be
not afraid. Fill us with joy this week, the deep
kind that comes from knowing we are loved. Help
us to enjoy our friends, our learning and the
small good things of each day. Give us the
confidence to share our gifts, and the kindness
to share our joy with anyone who is finding
things hard.

Amen.

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Friday 23rd October

The Examen is a simple way of looking back at our day with God.

Listen to the Gospel:

As you listen, allow yourself to be still and notice what stands out to you.

Then, take a moment to reflect:

What is God saying to me through this Gospel?

What has gone well for me this week?

Where have I shown kindness, courage or love?

Is there anything I wish I had done differently?

Who might need my kindness or support today?

What is one thing I want to ask God for?



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