



CATHOLIC LIFE & MISSION

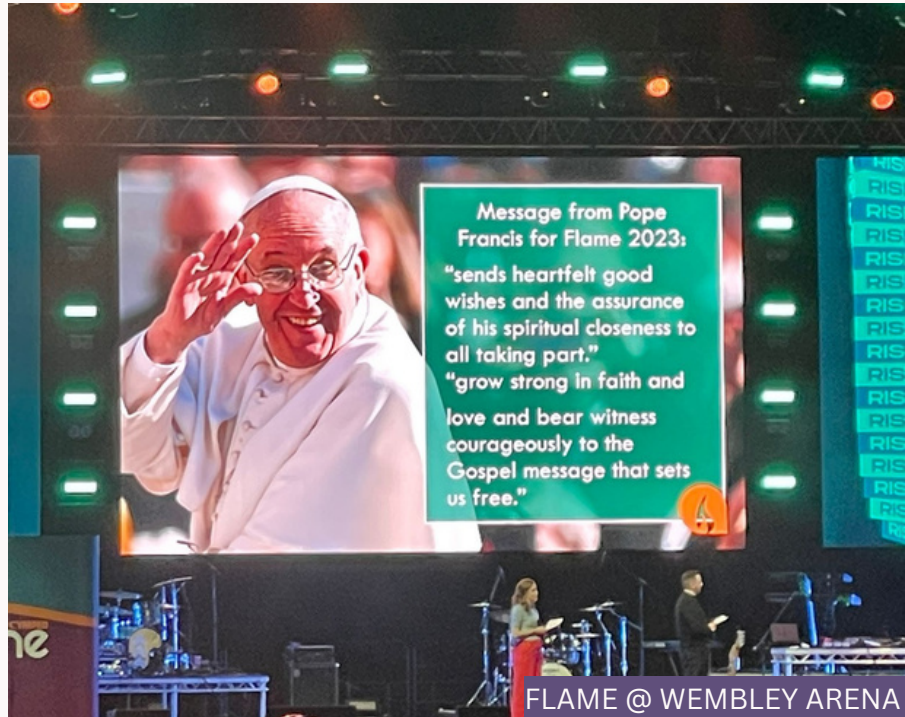
MARCH 2023 - VOLUME 6

HE COMES IN HUMILITY

Since the beginning of Lent we have focussed our attention during assemblies on the three pillars of Lent: prayer, fasting and almsgiving.

We now shift to understanding the manner in which Christ comes to us, building up to Palm Sunday, where he makes his entry into Jerusalem not upon a horse, which would have implied the kind of Messiah expected by some at the time, who would overthrow the Romans with force. No, Christ makes his entry to Jerusalem upon a donkey, demonstrating his humility as the Messiah who would bring about peace.

We ask ourselves, how are we expecting Christ to transform our lives? Are we so busy hoping and praying for huge gestures of God's power that we are missing those every day graces and blessings he gives us? And how are we taking steps to live the humility Christ is calling us to?



FLAME @ WEMBLEY ARENA

IMPORTANT DATES THIS MONTH

Sunday 12th March - 3rd Sunday of Lent

"Lord, you are really the saviour of the world; give me living water, so that I may never get thirsty."

Sunday 19th March - 4th Sunday of Lent

"He went off and washed himself, and came away with his sight restored."

21st and 29th March- Dates to be confirmed

SACRAMENT OF RECONCILIATION at school.

Saturday 25th March - Feast of the Annunciation

STATIONS OF THE CROSS CONTINUES EVERY WEDNESDAY

Every Wednesday, the Society of St Joseph lead the stations of the cross in the St John Henry Newman Chapel.

A Lenten tradition of our Catholic faith, we read from Christ's trial through to his crucifixion at Calvary, stopping at 14 different points to contemplate the suffering our Lord underwent for our sake and to pray that we might grow in the virtues He possessed to offer Himself as a perfect sacrifice.

If you haven't joined us already, please do so on Wednesday 22nd March at 1pm!



THE ANNUNCIATION 25TH MARCH



The Solemnity of the Annunciation celebrates the coming of the Angel Gabriel to the Virgin Mary to announce to her the special mission God had chosen for her in being the mother of His only son.

The feast of the Annunciation began to be celebrated on this day during the fourth and fifth centuries, soon after the date for celebrating Christmas was universalized throughout the Church (the Annunciation falls exactly nine months before Christmas day. This feast celebrates the Incarnation of the Second Person of the Trinity and the salvation of all mankind. Some of the Church fathers who wrote on the importance of the annunciation were St. Athanasius, St. Gregory of Nyssa and St. Augustine.

We are continually reminded of the importance of this feast to our salvation in various devotional prayers. Two examples that highlight the importance of this feast are the joyous mysteries of the Rosary and the Angelus: we pray both at school. We have printed the Angelus below so that your child can lead your family in this prayer at home.

The Angelus

**The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.**

Hail Mary, full of grace, the Lord is with thee; blessed art thou among 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.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

Amen.

In the Chapel - Lent 2023

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| Morning - 8.10am | Silent Prayer | Silent Prayer | Silent Prayer | Silent Prayer | Mass |
| Breaktime | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains |
| Lunchtime 1pm | Silent Prayer | Play & Pray | Stations of the Cross (Lent) | Silent Prayer | Divine Mercy Chaplet |
| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Morning - 8.10am | Silent Prayer | Silent Prayer | Silent Prayer | Silent Prayer | Mass |
| Breaktime | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains | Silent Prayer/ Chat with Chaplains |
| Lunchtime 1pm | Silent Prayer | Bible Study | Stations of the Cross (Lent) | Silent Prayer | Rosary |



Flame 2023

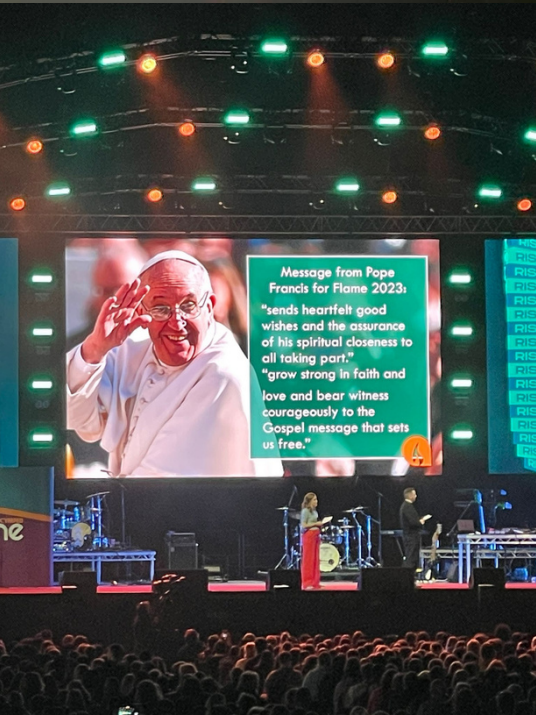
CYMFED

"Hello! My name is Antonia and I was privileged with the wonderful opportunity to go to Flame 2023 with my school. It was a phenomenal event and an opportunity I am so glad that I didn't miss. At the event, I was able to learn so much about God and His father-like nature, as well as how he utilises each and every one of us despite our background to do His work in the world and touch the lives of others in such meaningful ways.

For example, the music, testimonies and messages shared at "Flame" spoke light and life into my heart. The reiterated motto of the event, "RISE UP!" reminded me of the words of Christ, "Talitha Kumi." It reminded me to get up regardless of whatever set back or situation you may find yourself in and the event also showed me that when you do rise up do it with God, for as our father, "He only has plans to prosper us and not to harm us," He will never lead you astray.

"Being at a massive event like flame was such a blessing, the performances and messages shared were powerful. The opportunity to have "Adoration" to just be with Christ, as well as have the opportunity for reconciliation was beautiful.

I hope this inspires you and I definitely encourage you to go to the next Flame in 2025. God Bless You! "



LENT ACTIVITIES AT ALL SAINTS

This Lent, each year group has chosen a charitable activity which they will collectively work on. We believe it is important that students understand that both financial support and giving our time and effort to support others are acts of charity.

Some year 7 representatives will be visiting a local retirement home, providing entertainment for the residents with a selection of songs.

Year 8 and 9 are busily collecting items for food hampers which can be shared with our local food banks and homeless shelters.

Year 10 and 11 will be offering their breaktimes to read with younger students.

Year 11 are also focusing on donating clothes to those in need.

Year 12 will be undertaking a sponsored silence and year 13 will be writing messages of care to those in need around the world, organised by CAFOD.

Podcast Recommendation

The Catechism in a Year with Fr. Mike Schmitz is a daily podcast which helps listeners to understand what it means to be Catholic and how to allow the truths of the faith to shape their lives.

With this podcast, Catholics will:

- Read the entire Catechism of the Catholic Church in 365 days
- Understand the essentials of the Catholic Faith and why they matter
- See how Church teaching is rooted in Sacred Scripture
- Absorb over 2,000 years of Sacred Tradition
- Encounter God's plan of sheer goodness
- Transform their relationship with the Church that Christ founded.



LOCAL PARISH MASS TIMES

Holy Family, Oxlow Lane, Dagenham
Saturday 6pm, Sunday 9am and 11am

St Peter, Goresbrook Road, Dagenham
Saturday 6pm, Sunday 9am and 11am

St Vincent de Paul, Waldegrave Road, Becontree
Sunday 9am and 12 noon

St Thomas More, Longridge Road, Barking
Sunday 9am, 11.30am and 6pm

St Anne, Woodward Road, Dagenham
Saturday 5pm