



ST JAMES'
CATHOLIC HIGH SCHOOL

4th March 2024

Dear Parent/Carer

Re: Celebration of the Word

As we enter the third week of Lent we continue to focus on the three pillars of prayer, fasting and giving.

This week's Celebration of the Word focuses on an opportunity to reflect on what we have chosen to do this Lent. We may have chosen to give something up, do something extra or give to charity and sometimes we may, at this point in the third week, be finding it difficult to keep going. We can look to the Bible for inspiration with this Psalm 46:1–3 "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging". The Form Tutors will talk to the children about how they can apply this to any aspect of our lives. They will also be considering four key Principles of Catholic Social Teaching and how they can help us to stick as whatever challenge we have set ourselves this Lent:

- Common Good: we are supporting others by working together in everyone's interests.
- Solidarity: sharing and working with others makes things easier. Telling someone about something you want to achieve, you are more likely to stick with it.
- Dignity: we are all created in the image and likeness of God, we owe it to ourselves to be the best version of ourselves.
- Option for the poor: helping others makes us feel better, that buzz we get when we give to others can really improve how we feel.

Our end of the day prayer for March and our lunchtime prayer are as follows.

End of day prayer for March:

In March we traditionally remember Saint Joseph, so this month we pray:

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.
Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,



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and defend us from every evil.
Amen.

Lunchtime prayer:

Bless us, Oh Lord,
and these thy gifts which
we are about to receive from thy bounty,
through Christ, Our Lord.
Amen.

You may also wish to explore some of the Lenten family prayer resources produced by CAFOD, they can be found [here](#).

We are always happy to receive feedback so please do get in touch if you have any comments or queries, my email address is c.pickles@stjameschadle.co.uk

Yours faithfully

Mrs C Pickles
Senior Deputy Headteacher