



23rd February 2026

Dear Parent/Carer,

Re: Sharing in the Prayer Life of St James' Catholic High School – Week 22

Thank you for your continued support in encouraging our pupils to attend the Chapel activities.

	Before school 8:15 am	Lunchtime 1:30	
Monday:	Morning prayer: All welcome	Mass preparation/ drop in to meet the Chaplain	
Tuesday:	Morning prayer: All welcome	Knit and Natter	
Wednesday:	STAFF MORNING PRAYER: Humanities dept.	Lent Big Walk – join the Chaplain and get some steps in!	
Thursday:	Morning prayer: All welcome	Youth SVP (OR 11): All are welcome to join.	
Friday:	Morning prayer: All welcome	Reel Faith: Connecting films/TV to scripture through discussion.	
There will be a Mass at lunchtime on Tuesday March 3rd at 1:30pm			

Sunday 22nd February was Week 1 of Lent Year A. The Gospel reading was from Matthew 4:1-11. Jesus fasts for forty days in the desert. This is an occasion where Jesus' humanity is clear, he spent time in the desert being tempted, and he overcame the temptation through faith and prayer.

This week, we are focussing on the core value of Excellence and the Catholic social teaching of Rights and Responsibilities so we will be reminding our pupils of our obligations during Lent. We are called upon to **pray, fast and give alms**. Our pupils are being asked to **focus more deeply on prayer and**



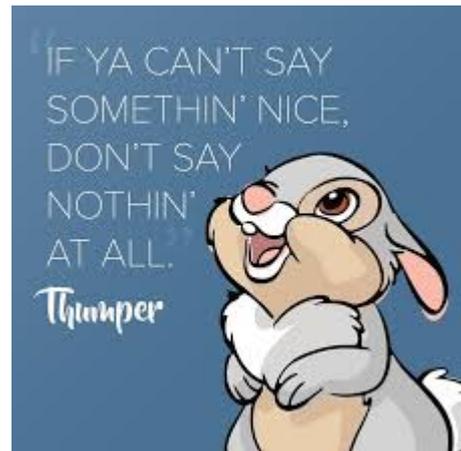
With God all things are possible
Matthew 19:26



reflection, to **give up things that hurt us or harm others** and to **give time and money to help the poor**.

Pope Leo has asked us to give up harmful words. This may be written or spoken. If, during Lent, we all focus on only using words that build people up, we would all be so much happier.

Many people argue that confession of sins is between us and God. However, the act of admitting fault, especially out loud, humbles us and allows us to be reconciled with others and with God, which brings us freedom. Many of us have experienced a situation where someone expects us to carry on as if nothing happened, after they have hurt us. It is very difficult to be truly reconciled with someone or to move on, if they won't acknowledge the damage they caused. Each of us are called upon to examine our conscience during Lent and to repent (change). Our school community is being challenged during Lent, to have a deeper commitment to prayer, and to reflect on what we need to change, both collectively and individually.



Giving Alms means giving time or money to people in need. We have been asked to support Caritas this Lent. Caritas is an umbrella organisation that incorporates 160 Catholic charities, and Cafod has close connections with charities. Supporting these organisations means that we are giving short term and long-term aid to people both locally and abroad, regardless of their race or religion. **Our community has been asked to fundraise for Caritas and to donate a minimum of £1 per pupil.** There will be a link on 'ParentPay'.

Our staff, pupils and their families, are invited to join in the **Big Lent Walk**. They can do this individually or as part of our school collective effort. Individuals can either walk 5k a day for 40 days or add to our total km by doing just one special walk with family and friends. We will be asking all staff, students and parents to get involved at weekends and sharing pictures of their walks and their total km via email to Mrs Pardoe. These will then be logged on our school page as we hopefully raise lots of money together. Please get involved if you can. You can run, walk or ride. Here is a link to our school page:

St James' Catholic High School Big Lent Walk - https://schools.walk.cafod.org.uk/fundraising/st-james-catholic-high-school-big-lent-walk?utm_medium=FR&utm_source=dssb-EM&utm_content=MPC

NEW! 'Reel Faith'



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Matthew 19:26



ST JAMES'

CATHOLIC HIGH SCHOOL



In this group, we watch clips and look at the links to scripture. The point of this group is to spark discussion and prayer. In our most recent meeting we watched a clip called 'Wabi-Sabi' (chosen by a year 7 pupil). Kintsugi is the traditional Japanese art of repairing broken pottery, such as vases, using lacquer mixed with powdered gold, silver, or platinum. Rather than hiding the damage, this technique highlights fractures, treating the breakage as a beautiful, resilient part of the object's history. It embodies the philosophy of *wabi-sabi*, embracing imperfection. We discussed the idea that beauty is in the eye of the beholder and that sometimes things that are broken cannot be fixed, which is why we need to take care with people.

All suggestions for clips that lead to discussion around biblical themes, are welcome. They must of course be age appropriate, suitable for viewing by all pupils. Please send them to the Chaplain at t.mcgeough@stjamesheadle.co.uk *Clips should be no longer than 5 mins. **Everyone is welcome to join in.**

In the weeks ahead, we will be praying the stations of the cross in morning prayer. You might like to watch this during Lent and perhaps pray one of the stations each day...
<https://www.youtube.com/watch?v=b-ltq65b5hc>

This is a copy of the stations of the cross prayers for young people.
<file:///W:/Documents/Downloads/TeenStationsoftheCrossEnglish-PHL-2016.pdf>

Prayer for the week ahead:

In faith and family time this week, pupils will be reminded of the Confiteor, the 'I Confess' prayer that we say in Mass, during the penitential rite.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

All: **Amen.** St James: **Pray for us**

Yours faithfully,



With God all things are possible

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ST JAMES'

CATHOLIC HIGH SCHOOL

TMMcGeough

Mrs T McGeough
Lay Chaplain



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