



8th June 2026

Dear Parent/Carer,

**Re: Sharing in the Prayer Life of St James' Catholic High School- Week 34**

**Prayer and liturgy in school**

This Sunday, the Church celebrated the feast of Corpus Christi.  
The Gospel is from John 6:51-58. Jesus said to them,

*"Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup>Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day'.*



This year, Corpus Christi, which is a holy day of obligation for Catholics, fell on Thursday 4th June but was celebrated this Sunday, 7th June.

The Feast of Corpus Christi, also known as the Solemnity of the Most Holy Body and Blood of Christ, is a day dedicated to celebrating and honouring the Eucharist—the Body and Blood of Jesus Christ, present in the consecrated host and wine. For those new to Catholicism, the Eucharist is central to Catholic faith, embodying the spiritual nourishment and presence of Christ among His followers. In many countries, the faithful decorate the streets with religious symbols, using flower petals and other natural substances.

One of the most visually striking and publicly engaging aspects of the Feast of Corpus Christi is the procession. In this event, the consecrated Eucharist, placed within a monstrance (a special vessel designed to display the consecrated host), is carried through the streets by the clergy. The procession is accompanied by prayers, hymns, and often a significant number of the faithful, bearing witness to their faith and devotion in a communal act of worship and veneration.

The Feast of Corpus Christi is a way of showing the deep reverence Catholics have for the Eucharist. It serves as a solemn reminder of the Last Supper, where Jesus commanded His disciples to continue the practice in memory of Him. When Jesus asked us to remember him by receiving Him in Holy Communion, he was asking us to do this, whether we feel anything or not. Some days can be difficult.

At Mass this Sunday, our priest, Fr. Bernard MacDermott, who is a Columban Father, spoke about how we must not forget to remember Jesus through the Eucharist, whether we feel anything or not. I mean... he was





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preaching to the choir... literally, but his words were helpful for those days when it is difficult to feel the presence of Christ...

The Gift of Jesus in the Eucharist is objective; Christ's presence relies on His word, not our feelings. **Grace** is given regardless of your emotional state. Choosing to receive Him when we feel nothing is a powerful act of love. Sometimes, when we are feeling overwhelmed or exhausted, it is difficult to feel the goodness of God in the Eucharist. We need to remember that the important thing is that when we receive Jesus in Holy communion, the spiritual benefits are there for us, like medicine. Jesus is with us, whether we feel it or not. Jesus asked us to do this in memory of Him and when we go to Mass, we are showing that we did not forget. This helps us remember that He is here for us, He loves us and will not leave us in our most difficult moments.

### **Staff Retreat**

Last Thursday, the staff participated in a retreat at Aquinas College. The theme of the evening was 'Contemplation'. We explored ways of facilitating prayer in school and took time to break away from the daily stresses of life and consider different forms of prayer important to our faith, to guide our contemplation. We are very grateful to the principal Jo Dommert and the Chaplain Laetitia Sibeh for their hospitality and for allowing us to contemplate in such a beautiful setting.

### **Prayers for the week ahead:**

*"When you pray and you feel good, that's God's gift to you. When you don't feel it but you pray anyway, that's your gift to God." (A franciscan friar)*

Prayer is what we call a communication between God and man, but it's so much more than that. Prayer is what connects the physical world and the spiritual world, our bridge between earth and the Kingdom of Heaven. It is *so important* because it is the main way we can communicate with God, the very same God who died on the cross for us.

In prayer we do a lot of things: bring forth our needs, praise & worship, ask for help or intercession, thanksgiving, adoration, or simply express love. In a sincere prayer, the idea is basically to lift up what is on our hearts (the things I just mentioned) and place them humbly at God's feet. This is motivated by love but is also driven by a certain degree of **faith**. It takes faith to pray, I mean really pray, to actually place your heart in God's hands and trust that He's listening. (Sean Gillen Catholic 365)

*Dear Father in Heaven,*

*Thank you for your steadfastness and continual presence in our lives. Sometimes, we can feel you right next to us. But sometimes, it is hard to know that you are there at all. Sometimes life gets so difficult that our hearts just cannot feel your presence.*





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*I pray today, Father, that I may rely not on my own feelings but rather on your love for me. May I rely on your Word to be the truth that rules my life over my own understanding.*

*Help me to see you and believe in your character even though my feelings may tell me otherwise. You are kind, you are good, and you are gracious. You are both all-powerful and all-loving. You care deeply for me and for my loved ones. Be with me as I live out these truths no matter what my circumstances are today, Lord, as we walk forward together.*

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

Yours faithfully.

Mrs T McGeough  
Lay Chaplain

