



St Peter's Chaplaincy

Welcome to the first St. Peter's weekly chaplaincy newsletter. In here we hope to provide some useful links and information along with some uplifting thoughts and ideas to keep our faith journey moving along in such uncharted waters. Please be assured of our prayers for each and every member of our school community and your families.

St. Peter, pray for us.

"Do not be afraid" (Mt 28:5).
And we, together with Peter, "cast all our anxieties onto you, for you care about us" (Peter 5:7).



Pope Francis in St. Peter's Square kissing the feet of Jesus on the miraculous crucifix.

Pope Francis leads world in prayer

<https://www.vaticannews.va/en/pope/news/2020-03/urbi-et-orbi-pope-coronavirus-prayer-blessing.html>

The link above is where you can watch the Holy Father give the world a poignant reflection of the story in Mark's Gospel of Jesus calming the storm (Look it up and have a read Mark 4:35-41) followed by an extraordinary blessing given to the whole world. The Pope explained that just like the disciples caught in the boat during the storm we too have been 'caught off guard by an unexpected turbulent storm' and we are needed to help steer the boat and row, we need to row together and be strong, supporting and comforting those that need it. We need to be there for one another because we are all in some way shape or form are anxious, nervous and fearful. Jesus reminds us to have faith and trust in the Lord.

How are you helping to steer the boat? Are you staying home? Washing your hands? Taking care of someone in need? Saying thank you for those who are helping you – making your meals, helping with school work, stocking the shelves, cheering our helpers on your street ...?

Pope Francis encourages us in this time to start getting back to the basics. The real things in our lives that are so important. Family, community and faith. "Return to me with all your heart" (Joel 2:12) Let us invite Jesus into our boats (our homes, schools, communities) with our actions and our prayers. Spend some time thinking about the things/relationships in your life that you would like to make better and those things that you would like to leave in the stormy sea.

Mindfulness Moment

Either on your own or with members of the same household, go for a walk, As you are walking notice the noises around you, particularly the sounds of nature. Acknowledge them. Notice the wind and how it feels, Try to describe in your head this feeling. Take a deep breath & acknowledge how the air feels traveling through your body and filling up your lungs. As you breathe out thank God for something you take for granted in your life - for the air we breathe, for the people we love, for our health, for the beauty of nature and our wonderful world. Amen.

Peace be with you.

Prayer for the present time, by Pope Francis (?)

Tonight before falling asleep.
Think about when we will return to the street.
When we hug again,
when all the shopping together will seem like a party.
Let's think about when the coffees will return to the bar, the small talk, the photos (and selfies) close to each other.
We think about when it will be all a memory but normality will seem an unexpected and beautiful gift.
We will love everything that has so far seemed futile to us.
Every second will be precious.
Swims at the sea, the sun until late, sunsets, toasts, laughter.
We will go back to laughing together.
Strength and courage.

God puts rainbows in the clouds
so that each of us -in the dreariest
and most dreaded moments -
can see a possibility of hope.

Mary Angelou

<https://www.youtube.com/watch?v=14pPevY5sd8>



'You are mine'

This Sunday is Palm Sunday, - Let us welcome Jesus into our lives at the start of Holy Week.

Useful social media sites to help us through this unprecedented time including the celebration of Mass from one of our parishes; St. Gabriel's and Corpus Christi.

Facebook: Nicholas Postgate Academy Trust/St. Peter's Catholic Voluntary Academy/St Gabriel's and Corpus Christi Parishes/The diocese of Middlesbrough

Twitter: St Peter's Catholic College/NPCAT/Pope Francis/MvMission/ Middlesbrough Diocese

If you have any photos of events or things you are doing to make a difference, please share them with us along with any prayer intentions you may have. If you need to talk, please e-mail and we'll get back to you as soon as possible. If we can help in any way during these worrying times please ask and we'll do our best.

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At the start of Holy Week why not add to your rainbow window displays with some giant palms and a message telling people 'THIS IS HOLY WEEK! Here is a copy of an image you could use - colour and decorate it as brightly as you like - use a whole rainbow of colours if you choose! Let's share God's promise of love, hope and eternal life!

