

CATHOLIC LIFE & MISSION

FEBRUARY/ MARCH 2023 - VOLUME 5

PRAY, FAST AND GIVE ALMS

Our Lenten observance is well underway at All Saints, which we began with two solemn Ash Wednesday liturgies on the 22nd February.

Students had busily prepared for these liturgies, where they read, served, sang and received ashes on their foreheads as an outward sign of their inward determination to turn back to God through the Lenten season, preparing their hearts and minds for the great feast of Easter.

We are extremely thankful to Father John Tuohy, a retired priest of the Diocese of Brentwood, who travelled quite a distance to be with us, and as always to Father Chris who gives so much of his time to serve our school, providing our students with access to the sacraments on a weekly basis.



IMPORTANT DATES THIS MONTH

Sunday 5th March - 2nd Sunday of Lent

"From the bright cloud the Father's voice was heard: 'This is my Son, the Beloved. Listen to him!'"

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."

21st and 29th March- Dates to be confirmed
SACRAMENT OF RECONCILIATION at school.



Ash Wednesday

...once dust you shall receive.

WEDNESDAY STATIONS OF THE CROSS DEVOTIONS BEGIN

On Wednesday the Society of St Joseph led 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.

Next week we will be following the Way of the Cross along our main school corridor, as a witness to our whole school community of Christ's centrality in all that we do at school.

Stations of the Cross are on Wednesday lunchtimes throughout Lent at 1pm. Please join us!



SAINTS OF THE MONTH

St Katharine Drexel - 3rd March

St. Katharine Drexel is the second American-born saint to be canonized by the Catholic Church. She grew up in a wealthy family but after watching her stepmother suffer with terminal cancer for three straight years, Katharine learned that no amount of money could shelter her from pain or suffering.

As a result she became imbued with a passionate love for God and neighbor, taking an avid interest in the material and spiritual well-being of black and native Americans, eventually giving her whole inheritance away to aid these communities and dedicating her life to missionary work.



St Patrick - 17th March

St. Patrick is said to have been born around 389 AD in Britain. Captured by Irish raiders when he was about 16, St. Patrick was taken as a slave to Ireland where he lived for six years as a shepherd before escaping and returning to England. He studied the Christian faith and was ordained a deacon around the year 418 AD and ordained a bishop in 432 AD.

He was assigned to minister to the small, Christian communities in Ireland and was able to use his knowledge of Irish culture, the traditions and symbols of the Celtic people, to explain Christianity in a way that made sense to the Irish. He converted many souls to Christ.



St Joseph - 19th March

St. Joseph truly is the silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. Nevertheless, what this great saint did in his life for God speaks volumes. As the foster-father to Jesus, he is given the title 'patron of the Universal Church', and is also the patron saint of a happy death, families, unborn, fathers, expectant mothers, travelers, immigrants, craftsmen, engineers, and workers.

The 19th March honours St Joseph the Husband of Mary but he has a further feast day on May 1st for Joseph the Worker.



STUDENT LIFE IN THE CHAPEL

"Coming to the Chapel has really changed me as a person because of the Spirit you feel as you enter it and exit it. It has made me more respectful and understanding. The various activities that take place in the Chapel can be very helpful to your life as it has been to my life. The praise and worship can lift your spirit and make you more energetic for the lesson after lunch. Please come to Chapel every lunch time, everyone is welcome. Thank You."

Emmanuel Williams 9T

"Since Year 7, coming to the Chapel has been a wonderful experience, from all the people I have met from the school's community and all the services I've come to (Rosary, Praise and Worship etc) . Each break time I always encourage my friends/peers to come and worship and they have said that it has made them feel much closer to God than they were before. It makes you feel more spiritually healthy and helps you to learn and grow in your faith more than ever. The Chapel is open at Break time and Lunch every day. Feel free to come."

Joshua Sekyere 9T

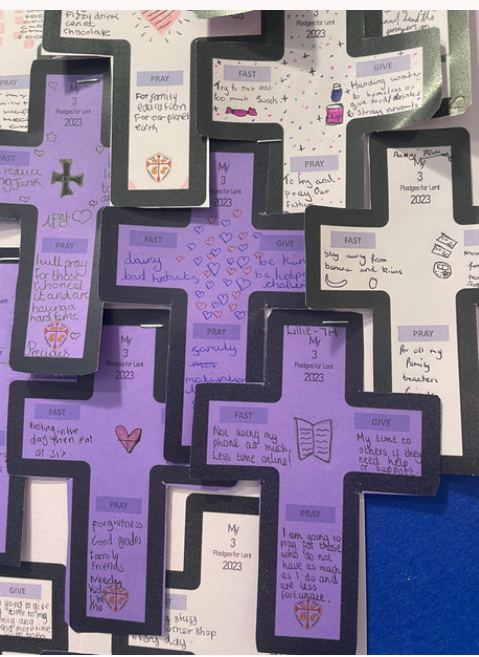
In the Chapel - Lent 2023

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

Our themes at school over the coming weeks are prayer, fasting and almsgiving.

Focusing on first on prayer, we are encouraging students to join with the various activities going on in our chapel throughout Lent which allow them to develop their prayer life and grow in closer relationship with God. In particular, we are looking forward to beginning the Liturgy of the Hours with year 7 to 9, where students will be encouraged to lead the psalms, write bidding prayers and choose hymns. They will also be participating in the Big Lent Walk for CAFOD.

We have also started morning prayer in our Sixth Form Centre, supporting our oldest students with time to reflect and connect with God before they begin their examination period.



Our main reception area is now filled with this fantastic display organised by our R.E department.

Students wrote their pledges for prayer, fasting and almsgiving during Lent after some time reflecting on how these three pillars of the season can help to bring us in closer relationship with God.

We are encouraging our students to support each other during this time of penance: as a school community it is so important that we support each other in our journey towards sainthood!



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.

App Recommendation

Hallow is a Catholic prayer app that offers audio-guided meditation sessions to help us grow in our faith & spiritual lives and find peace in God. Explore over 6,000 different sessions on contemplative prayer, meditation, Catholic Bible readings, music, and more.

As Hallow is a Catholic App (#1 among Catholic Apps), the content is developed by experienced Catholic theology and spirituality guides and reviewed by senior leaders within the Church (e.g., PhD's, professors, Bishops, authors) and based on content from the approved Catholic Bible. They were also featured on EWTN. While it can be a beautiful app for Catholic men and women, it is meant as a resource for people of all faiths & religions.



Users can access daily prayers (including the rosary) and the 9-day Intro Prayer Challenge for free.

There are also various subscription levels for further content. There are frequently offers for monthly and 3 month trials available.

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