



RE NEWSLETTER

LENT and HOLY WEEK

March 2024



SVP Food Bank Visit



We visited the SVP Food Bank on Thursday 21st March to help deliver and sort the food donations from our Lent Collection. We were delighted to be joined by Radio Jersey and were so proud to hear the report on Radio Jersey, both on Sunday morning and Monday too!



Please click on the link to read the full report. <https://www.bbc.co.uk/news/world-europe-jersey-68627099>

The main themes within the **Sacraments** topic are:

R - Different stories about Jesus and how he is with us at the different stages of our lives.

Y1 - Prayers, signs and symbols associated with forgiveness.

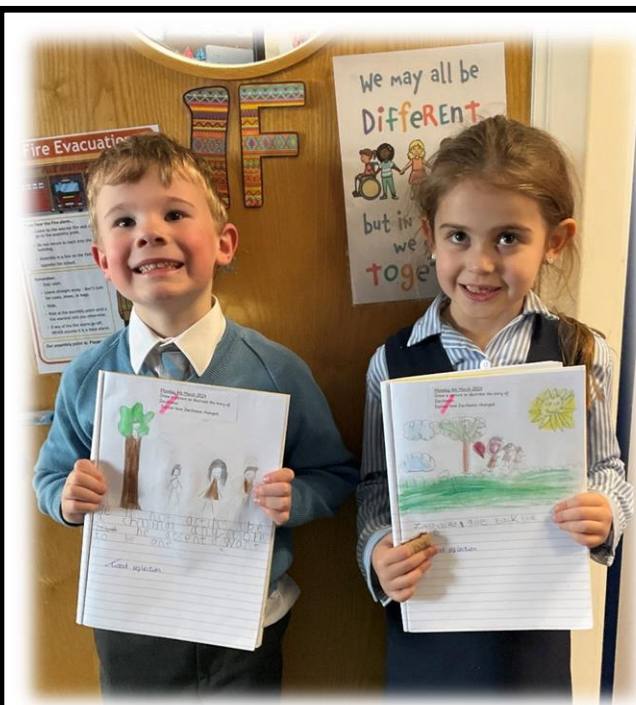
Y2 - Signs, symbols and words used during the celebration of the sacraments studied.

Y3 - The Eucharistic prayer.

Y4 - First Holy Communion Programme (Eucharist).

Y5 - The meaning of the symbolism in the sacraments of Matrimony and Holy Orders.

Y6 - The Rite of Baptism and Confirmation.

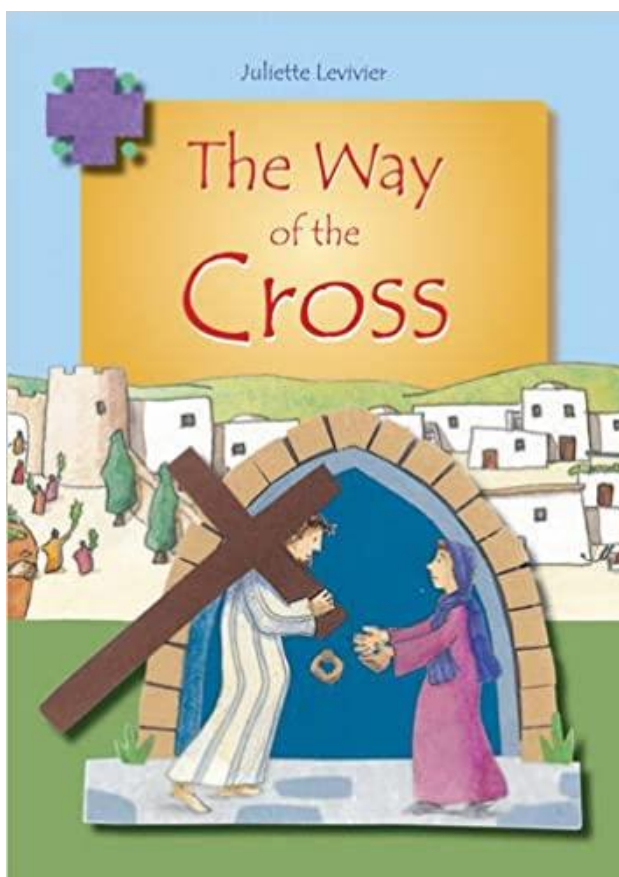


Year One

We have learnt that Lent is a time when we get ready for Easter by following Jesus more closely. We have also learnt that Jesus spent 40 days in the desert to help him to get to know God the Father. After listening to the parable of Zacchaeus, we reflected and explained to our peers how he changed.

Stations of the Cross

We have been visiting the chapel to pray the Stations of the Cross. We used the book "The Way of the Cross" by Juliette Levivier to help the children understand the different stations in a relevant and age-appropriate manner.



Lent in Year 3

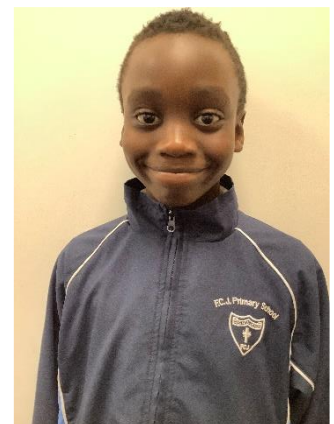
We have learnt that the word Lent comes from the Latin '**Lentern**', which means Spring. During our Lent topic, the children have learnt that there are three main things to focus on – praying, fasting and almsgiving.



To walk in Jesus' footsteps, I am going to reflect upon what has happened during Lent, so that I can be my best self towards my companions.

I am going to reflect on the things that I have done wrong and help people that need it, including giving to charity.

During Lent I am going to help other people by being kind and support them in their challenges just like Jesus helping me.



Ignatian spirituality is a way of envisioning the world and our place in it, in relation to God's ever active and loving presence. It helps us develop a personal relationship with Jesus which allows for the possibility of a shift in our world perspective. Through contemplation of Christ in the Gospels, we desire to know, love and serve Him more. It is a way of growing in awareness of God's action in the ordinary routine of our everyday experience, 'finding God in all things'.

A Family Examen

The Examen is a simple, yet powerful practice developed by St. Ignatius almost 500 years ago. The Examen can help us become aware of God's presence in our everyday lives. This is a simple example to try at home as a family.

1. Become aware of God's presence. Remember that God's love is in your heart and in our family and moving through our whole world. Light a candle, feel your breath fill your lungs, and feel God's tender and loving presence.

2. Review the day. Look back on the events of the day. Invite the images and memories from your day to come to your mind and heart. Just let the day's events arise—your daily routines, conversations, work or school, moments in nature.

3. Look toward tomorrow. What do I look forward to tomorrow? What do I hope for? To whom do I want to give more love? What do I need to ask God for as I start a new day? (E.g. courage, kindness, patience, etc)

As part of our Ignatian Spirituality we develop our sense of self-awareness. Can you use some of these questions at the dinner table or at bedtime?

- What do we love about our family?
- What are our strengths as a family?
- What kind of family do we want to be?
- What kinds of things do we want to do?
- What kind of feeling do we want to have in our home?
- What kind of relationships do we want to have with one another?
- How do we want to treat one another and speak to one another?
- What kind of relationships do we want to have with others? The earth? Our home?
- What things are truly important to us as a family?

Gratitude Conversation Starters

Can you use some of these questions at the dinner table or at bedtime to foster an 'attitude of gratitude'? This is a special part of our Ignatian Spirituality.

- What's one nice thing you did for someone today?
- What was the most delicious food you ate today?
- What is the best thing that happened today?
- When did you feel peaceful today?
- What did you see that was beautiful today?
- Who made you smile today, and why?
- What new thing have you learned today?

