



# St Joseph's Catholic High School

**"Unlocking Belief in All"**

## *Faith Formation 2024-2025*

"Go, therefore, make disciples of all nations; baptize them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time." Matthew 28:19-20



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# Mission Statement - "Unlocking Belief in All"



At St Joseph's we ensure all children experience the love of Christ through the presence of each other, the staff, our parents and the Church. St. Joseph's Catholic High School is a voluntary aided co-educational school for 11-18 year olds in the Diocese of Northampton. It serves the Catholic community of Slough and the surrounding area. Our curriculum is rich, varied and includes all of the carefully selected Attributes, Skills and Knowledge essential so that students shape society for the better.



# Head Teacher's Welcome

Our mission is to **Unlock the Belief in all** our children through the experience of the love of Christ within the presence of each other, the staff, our parents and the Church.

By working together we aim to deliver an education that is second to none within an unashamedly Catholic atmosphere that equips our next generation in a combination of intellect and Spirit, faith and reason, prayer and action, to lead and challenge society for the better.

We are inspired by St Joseph, patron Saint of workers and a member of the Holy Family. We aim to create a place where children aren't just loved but that they know they are loved. It is this ethos that enables our children to become academically successful. Here, all children are developed according to their ability and we make every effort to ensure that we reach out to all regardless of background.

You'll experience a happy atmosphere at St. Joseph's in which the dignity and worth of each pupil and member of staff is recognised, developed and safeguarded. Our school is recognised for its atmosphere of welcome where all feel at home in a sense of safety and security. Staff are willing to be present with the pupils in friendship and to go that one step further, where this is necessary, to meet the needs of young people.



Mr Ciran Stapleton – Head Teacher

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# Outline of booklet

This booklet is designed to help further with your understanding of how and why Catholic Life is at the centred of everything we do at St Joseph's and our wider school community. Our aim is for our students to take their faith into the wider world in everything they do, say and believe. The booklet will outline our ethos, values, beliefs and stories which make up the Catholic faith of the school. Whether you are new or old to St Joseph's, very familiar with the Catholic Church and its rituals, or a bit out-of-touch with your local church, we hope you find something of interest and reassurance in the pages which follow.

St Joseph's Catholic High School is strongly committed to building and strengthening the Catholic ethos of the school. Underlying our teaching and our relationships are the Gospel Values and this is seen through our Mission Statement of '**Unlocking Belief in All**'. We aim for students to do this through living out our school Profile of: Learned and Wise, Loving and Compassionate, Truthful and eloquent, Intentional and prophetic, attentive and discerning, faith-filled and hopeful, curious and active, grateful and generous. Our aim, within this context, is that all members of our community show Christ through the presence of each other. St Joseph's, as our patron, inspires us to support one another as family and we do this by prayer and charitable service. We place a great emphasis on home, school and parish links.

The school strives to build on the foundations of faith started from the home and seeks to provide an environment where beliefs and values of the Catholic faith are taught, explained, developed and nurtured. Our School is a place where each student believes in their own potential, in an environment where they can succeed and achieve thus '**Unlocking their Belief**'.

St John Bosco's own words *"the primary happiness of a child consists in knowing that they are loved. The young must not only be loved, but they must know they are loved. In every young person, even the most difficult, there is a vulnerable spot for good. The first duty of an educator is to find it. Love must always be the mainspring of the heart."*

Opportunities for spiritual formation so love can be the mainspring of the heart are provided through involvement in a variety of school and community activities and projects from Years 7 to





# *We are Learned and Wise*

*"Anything you say to the wise will make them wiser.  
Whatever you tell the righteous will add to their knowledge."  
Proverbs 9:9*





# Parents, Parish and Diocese partnership

## Parents

Personal and spiritual growth starts from the family, both the family at home, school and within the parishes. This development does not happen in isolation, and Faith Formation programs need to be aware of and support ministry with children, young adults, parents and the wider community to enable a holistic approach. Families are the primary places for faith development and they are involved in ongoing feedback and discussion throughout the school year. The school newsletter and video message from the Head Teacher is published weekly to parents and contains information, including stories and reflections, which are aimed at engaging and informing them about what is happening in our Faith Formation. A Faith Formation tab is also seen on our school website. This compliments each of the activities and will become a place for reflections, a record for their own memories and a communication medium for parents to dialogue with their child.

St Joseph's in partnership with others hosts schools and parishes aims to create a number of large community events each year and supports the growth and continued participation in Catholic life for students and parents.

## Parish

We encourage all of our students to have an active faith life within their local Parish and beyond the school community. Youth Ministry events such as Youth groups are promoted to our students. Whilst the school plays a vital role in catechesis and evangelisation, it is very important that young people develop strong relationships outside of the school community which will continue to help nurture their faith beyond their involvement at school.

## Diocese

With the support of Northampton Diocese we encourage all of our students to have an active faith life beyond Slough. Students actively lead and take part in the Diocesan Mass in October, events such as Flame and formation programmes Encounter and Synod programme run through Northampton. St Joseph's Catholic High School is also honoured to be the chosen school to lead the Catholic Schools Youth Ministry International UK (CSYMI UK), this to support the youth with Youth Ministry and supporting Adults to grow in Faith.

# St Joseph's Spiritual and personal journey



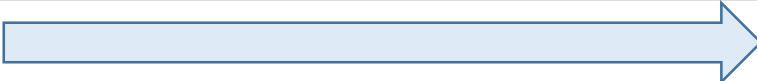
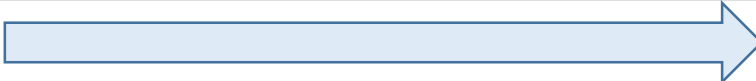
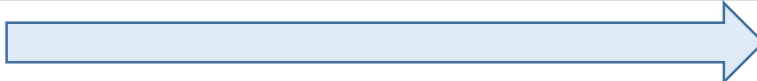
The Catholic Life and Mission of the Church is at the very heart of everything we do at St Joseph's. It is given the highest priority where the development of an authentic Catholic ethos is actively sought by all. Students are empowered to have a thorough understanding of the Church's liturgical year, its seasons, rites and symbols. Within the school community, prayer has a profound and visible effect on the development of all students and staff irrespective of ability or faith background.

As a school, we promote a love of faith; engaging and inspiring our students to take responsibility for promoting the Catholic ethos of our community whilst seeking to lead and develop this further. Developing a greater understanding of vocation is fundamental in giving our students a meaningful reason to live out their faith. Teachers ensure that students are provided with opportunities to develop their thinking and respond to questions of faith. Our school celebrates, develops and enhances the Catholic Life of our students and ensures our Catholic ethos underpins all that we do and strive to achieve.



# St Joseph's Spiritual and personal journey

*Within each key stage at St Joseph's, students are given the opportunity to learn more about their faith, experience their faith in different ways and live out their faith by contributing and leading on activities. All of these centre around the teaching of the Gospels, illustrating their Catholic Life, Mission and acting out Catholic Social Teaching as well as given the chance to worship individually, as a group and as a whole school. As students grow in their Faith we hope that they will be able to lead others so when leaving St Joseph's, their Spiritual and personal journey can grow in their future endeavours. Examples of how this is built upon can be seen below:*

Key Stage 3	Key Stage 4	Key Stage 5
 <p>Year 7, 8 and 9 retreat            Whole school Mass            Charity fundraising            Form reflection in the school            Chapel            Youth engagement            Lectio Divina            Sacrament of Reconciliation            Involvement in TVLP projects</p>	 <p>Year 10 and 11 retreat            Attendance to Flame            Personal testimony            Leading charitable work            Acting out the formation programme            Sacrament of Reconciliation            Leadership program            Parish Involvement            Pilgrimage to Lourdes            Involvement in TVLP projects</p>	 <p>Year 12 and 13 retreat            Eucharistic Minister training            Links with Overseas school and fundraising            Outreach to the poor            Diocese involvement            Live Simply            Sacrament of Reconciliation            Social Justice            Involvement in TVLP projects</p>

# Prayer and liturgy at St Joseph's

## Time for prayer

The prayer and liturgical life of St Joseph's are the core of our experiences as a faith community. The school Chaplain/SLT lead oversees times of reflection centred on our the school's theme of the week, the liturgical year, natural events and social justice issues. Students make prayer a part of every day life at least on 4 occasions throughout the day. Staff and student pray is offered every Monday afternoon and Friday morning in the Chapel. All students are encouraged to be part of our liturgies through their prayerfulness, responses and singing. The Chapel is available for use at any time. A book of intentions is in the Chapel and all students are encouraged to write an intercession for themselves, their family and friends or the extended community as they wish. These prayers are offered as intentions during Mass. The School informs all our liturgical celebrations and our communal prayers that can be found in students journals.

## Space for prayer

The Chapel is available for students and staff at all times throughout the day. Whether it be to sit silently for private prayer and intentions or to take part in communal worship, the Chapel is always there.

Within all form rooms, a designated table is given to prayer. This consists of:

A crucifix, A sleeping St Joseph, A set of Rosary beads, A New Testament, A St Joseph's prayer booklet

Each table is also clothed in a colour depicting the season of the liturgical year.

Students will then reflect on the Theme of the Week and are allowed reflection time to discuss as a group with the Scripture reading Teachers will provide them with an open-ended questions. This to unpack this text briefly by using the following cues: In this reading... (outline the actual Gospel briefly) The message we hear from this reading today is... (relate the Gospel via its main theme to students' lives today - this is very important). Students are also invited to pray for special intentions

Prayers such as the Our Father or the Hail Mary are also said by the students

Students complete Morning Prayer with the Sign of the Cross.



# Prayer and liturgy at St Joseph's

## Mass

At St Joseph's students are able to celebrate Mass on at least 6 occasions throughout the year. Students will participate in 5 whole school Masses as well as a House Mass. We also arrange for lunch time Masses during the school year.

## Liturgies

Throughout the school year students will be able to take part in different liturgies to mark important occasions during the liturgical year. These will be on Ash Wednesday, The Feast of the Immaculate Conception, The Feast of St Peter and St Paul, Ascension Thursday, The Epiphany and the Presentation of the Lord.

## Theme of the week

At St Joseph's each week we reflect on the readings and Gospel of the previous Sunday and try to apply the message to our lives as individuals and as a school.

The chaplain prepares a reflection which provides some context and interpretation of the biblical text, accompanied by a PowerPoint for the use of teachers and students in form prayer/assemblies. This is also published weekly on the Newsletter and Bulletin.

## Lectio Divina

This prayer has an extensive history in our Catholic tradition. Lectio Divina means 'divine reading' in Latin. It is a diligent reading of Scripture where the text is read slowly, repetitively and contemplatively. These are the steps of this prayer practice:

## Stations of the Cross

The Stations of the Cross form an important expression of Holy Week. They represent the final stages in Jesus' life journey. The following mantra can be recited by a leader and a group or two groups who take it in turns to read. All students will attend the Chapel during Lent.

## The Rosary

The Rosary is a significant practice in our Catholic tradition. The Rosary, from Latin *rosarium*, means "crown of roses" or "garland of roses". This form of prayer uses a string of prayer beads used to count the component prayers. The prayers that compose The Rosary are arranged in sets of ten Hail Marys preceded by one Lord's Prayer and followed by one Glory Be to the Father. During recitation of each set, known as a decade, thought is given to one of the Mysteries of the Rosary, which recall events in the lives of Jesus and Mary. Normally, five decades are recited in a session. A standard fifteen Mysteries of The Rosary, based on the long-standing custom, was established by Pope Pius V in the 16th century, grouping the mysteries in three sets: the Joyful Mysteries, the Sorrowful Mysteries and the Glorious Mysteries.

## The Angelus

This prayer is traditionally said at 6am, 12 noon, and 6pm each day. It recalls the Incarnation, when the Word was made flesh and lived among us. At St Joseph's, on the last Friday of each month, the Angelus is marked at 12pm in all lessons.

# We are Loving and Compassionate

*Jesus said, "And now I give you a new commandment: love one another. As I have loved you, so you must love one another. If you have love for one another, then everyone will know that you are my disciples." John 13:34-35*





# Youth Ministry

## **Youth Ministry**

In order for the students at St Joseph's to lead on youth ministry we ensure they are active in and have ownership of the schools youth ministry. They are not just passive recipients of ministry by adults. Youth share leadership for visioning and implementing programs and strategies. They are a witness to their faith with their peers. The opportunities for youth leadership roles are varied: Peer leaders on retreats, planning programs, leading team meetings, leading or co-leading small faith sharing groups, and preparing worship" As such, peer to peer ministry is key to effective faith formation and is fostered and mentored at St Joseph's through a variety of activities and events run by our Chaplaincy Team. Students are invited to be trained, equipped and mentored in Youth Ministry. Senior students are also to join in year 10, 11 and 6<sup>th</sup> form, which are voluntary and meet weekly for coordination and formation opportunities.

## **Masses**

Youth ministry help coordinate and lead on Masses throughout the school year. This by composing prayers and music for Mass, as well as coordinating all the logistics of setting up Mass for either the whole school or Houses to celebrate. With the Diocese, the Chaplaincy team are also responsible in organizing the Diocesan Mass in Dunstable.

## **Liturgies – Ash Wednesday and Holy Days of Obligation**

Youth ministry help coordinate and lead on liturgies throughout the year such as Ash Wednesday and organize resources and PPTs for form tutors to celebrate Holy Days of Obligation.

## **Year 7 Induction day and evening**

Youth ministry help coordinate and lead with the Head of Year 7 Induction day and evening for our new intake of students. Students are also involved in Open Evening to showcase the school to visitors looking to apply the following year.

## **Lenten Fundraising**

Youth ministry help coordinate and lead on different charitable events throughout the year especially during Lent with our fundraising activities.

## **Catholic Workers Farm**

Youth ministry visit and support our local charity of the Catholic Workers Farm where students support women and children refugees in live on the farm.

# Further Faith Formation opportunities



St Joseph's offers a variety of Faith Formation opportunities outside the school for our students ranging from a one off experience, to regular ongoing activities. It is the responsibility of all to encourage young people to use the skills and passion developed within the boundaries of a faith community

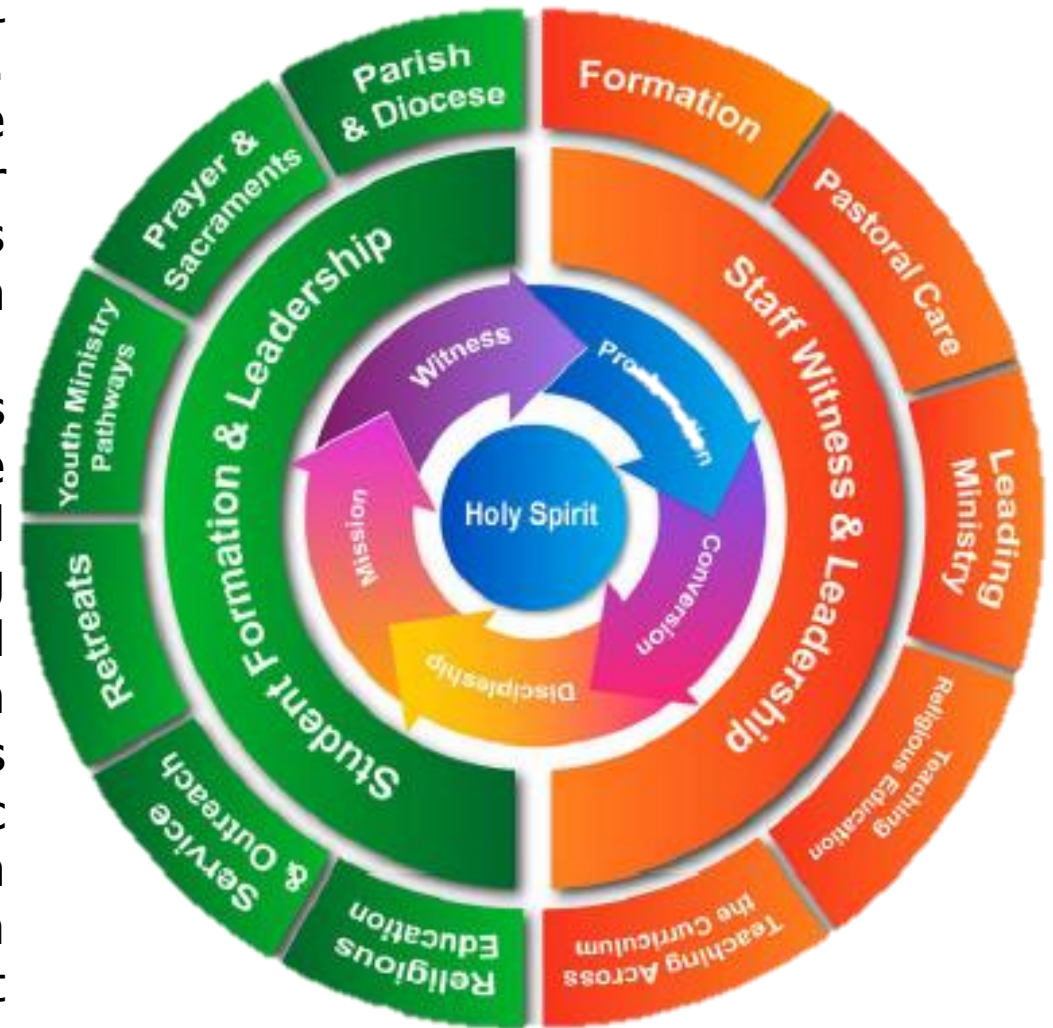
- Masses and liturgies throughout the year
- Prayer in RE classes and other classes other times throughout the day
- Mentoring Program (Year 11 and 12)
- Catholic Schools Youth Ministry Association (CSYMI) workshops
  - Parish Outreach
- Diocesan Youth Rallies, Camps and Leaders forums
  - Diocesan Vocation opportunities



# #liveouttheholyspirit

#liveouttheholyspirit is the wider formation program used by St Joseph's and is so called because it perfectly encapsulates everything that we are about. School is about so much more than grades and the subjects that you learn. It is about equipping you for the journey ahead. Our vision is to provide students and staff the opportunity to deepen and live their faith to change society for the better

CSYMI is an important component of the Religious Education program at St Joseph's and helps to breathe life into the RE curriculum. St Joseph's launched CSYMI in May 2023 and has utilised its teaching resources, formation opportunities for staff and students, conferences and workshops to enhance Faith Formation at the school. Membership of CSYMA has also provided valuable networking amongst Catholic schools seeking to develop their Faith Formation opportunities and supports local partnerships between schools for outreach opportunities. The most recent addition has been a CSYMI





# Catholic Elective – CSYMI UK



At St Joseph’s, as part of the Elective programme, students have the opportunity to deepen their understanding of their faith through the Catholic Elective this being through the CSYMI program. Catholic Schools have **an unparalleled opportunity and a special duty to evangelise**, sharing the good news and goodness of God's Kingdom with staff, pupils and their families, overflowing into communities and **bringing renewal to the Church**. CSYMI's model is well-established and effective. It is currently running in over 100 schools worldwide. Those schools see **a transformation in their Catholic culture**, frequent responses to the Gospel message **resulting in baptisms, deeper engagement in the faith and more vocations** among Catholics to teaching and school chaplaincy. CSYMI has three focus areas: Student-led peer ministry, Career-long faith formation for leaders and educators training, and placing youth ministers into schools. Together, **these create a dynamic shift in the effectiveness of mission in schools**.

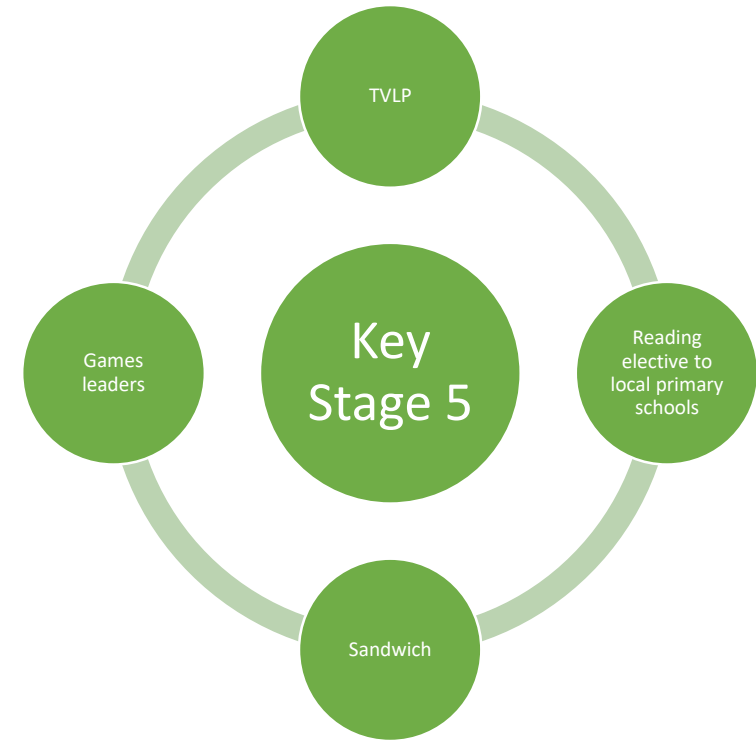
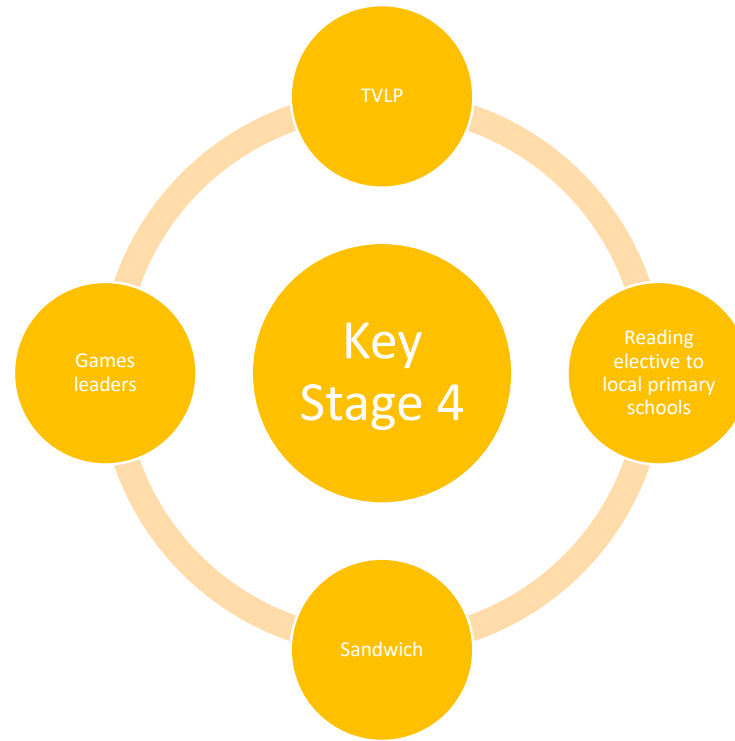
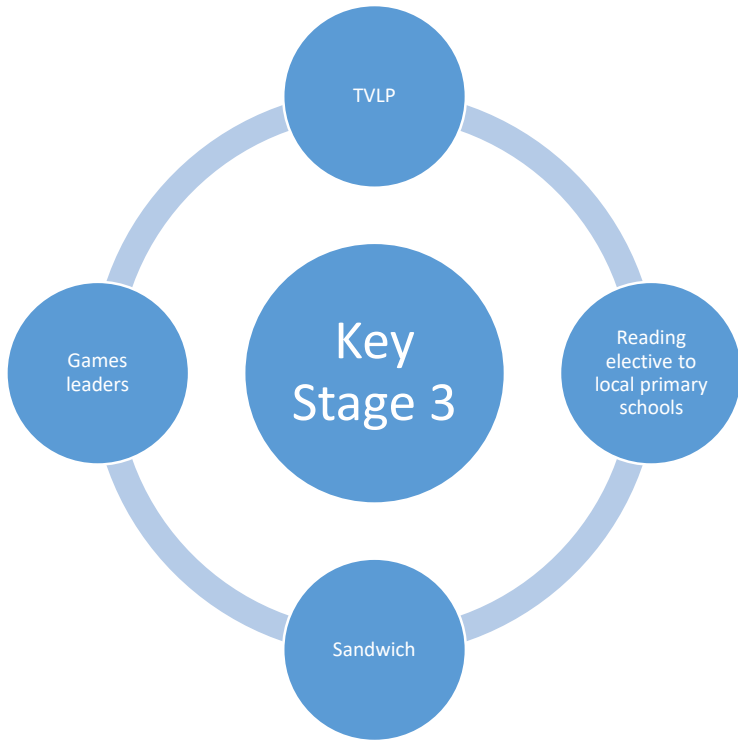
Within this elective students will enhance their faith but gaining a deeper understanding of what their faith means to them? What does it mean to have faith? And how can we live out our faith in our words and actions? Over the 7 week course students will learn:

In 2024-25, students of St Joseph’s will have the opportunity to move onto the 2<sup>nd</sup> module, iwitness.

	What is Youth Ministry?		How can I live out Youth Ministry
Week 1/2	<b>Welcome</b> – Who am I and what is my role in St Joseph’s? <b>Module 1 – Run the race</b>	Week 5	<b>Module 1 – Run the Race: Love.</b> What does it really mean that God loves us?
Week 3	<b>Module 1 – Run the Race: Running the Race</b> – what stage are you at on your Spiritual journey?	Week 6	<b>Module 1 – Run the Race: Sin and Salvation</b> What is sin? Why do we need saving?
Week 4	<b>Module 1 – Run the Race: Labels.</b> What identifies us?	Week 7	<b>Forgiveness and the sacrament of reconciliation</b>

# St Joseph's in the community 2024-25

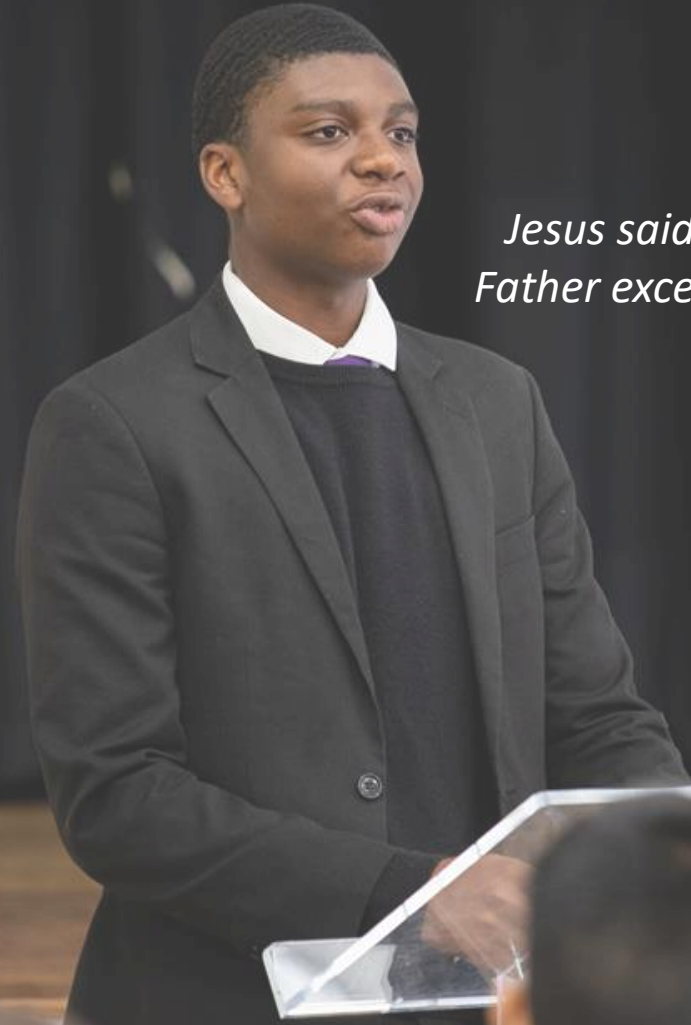
At St Joseph's, as part of the Formation and Evangelisation programme, we aim to bring St Joseph's into the community. This so others can 'Unlock their Belief' and see the Virtues in of Learned and Wise, Loving and Compassionate, Truthful and eloquent, Intentional and prophetic, attentive and discerning, faith-filled and hopeful, curious and active, grateful and generous in everything we do. Over the course of the year we aim to bring St Joseph's into the community and live out our Catholic Mission at each Key Stage this seen below. For 2025, St Joseph's also aims to celebrate being in the community on our Feast Day.





# We are Eloquent and Truthful

*Jesus said: 'I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.'* John 14:6-7



# Retreats and trips at St Joseph's



St Joseph's aims to offer as many Retreats and trips as possible. In 2023-24 Year 7 went on Retreat to Holy Family Parish whereas Year 8, 9 and 12 went on Retreat to Worth Abbey. Students are also offered the opportunity to go on Spiritual trips. The Chaplaincy Team led the Schools Mass for Northampton Diocese in Dunstable. Students also went to Wintershall to experience the Life of Christ Drama performance. Students have also attended CPD on prayer life within the Trust.







# Thames Valley Learning Partnership

St Joseph's is a proud member of the Thames Valley Learning Partnership (TVLP). The TVLP is an equal partnership of 11 state and independent secondary-aged schools in Berkshire. They believe that educational experience is improved by meaningful and repeated interactions between schools of different types. Their aims include Our aims include:

- Providing collaborative and informative experiences for secondary-aged students across a range of subjects, thereby providing a variety of learning opportunities and diversity in social and cultural engagement.
- Ensuring that staff across our schools are able to share their passion for their specialist subjects and good practice with one another, and exchange views about current educational issues.

This year we have attended numerous events and activities. The year began with the annual Student Leadership Conference where students collaborated with other schools to build relationships, communication and interpersonal skills. We then attended the prestigious Philosothon at Eton College where students took part in a friendly debate around ethics and philosophy and improved their oracy skills. Further to this, we had the joy of hosting a Model United Nations at our own school- this involved visiting speakers, including David Fox-Pitt MBE, Founder of WildFox Events Ltd, who has created some of Scotland's most iconic adventure challenges and helped raise more than £40 million for causes worldwide.



# Pilgrims of Hope

2025 marks the Jubilee year of Pilgrims of Hope. Pope Francis in his letter illustrate the importance of this year.

*"The Jubilee has always been an event of great spiritual, ecclesial, and social significance in the life of the Church. Ever since 1300, when Boniface VIII instituted the first Holy Year – initially celebrated every hundred years, then, following its biblical precedent, every fifty years, and finally every twenty-five years – God's holy and faithful people has experienced this celebration as a special gift of grace, characterized by the forgiveness of sins and in particular by the indulgence, which is a full expression of the mercy of God.*

*The forthcoming Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so urgently desire; that is why I have chosen as the motto of the Jubilee, Pilgrims of Hope. This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity. Here I think in particular of the many refugees forced to abandon their native lands. May the voices of the poor be heard throughout this time of preparation for the Jubilee, which is meant to restore access to the fruits of the earth to everyone. As the Bible teaches, "The sabbath of the land shall provide food for you, for yourself and for your male and female slaves and for your hired servant and the sojourner who lives with you; for your cattle also, and for the beasts that are in your land, all its yield shall be for food" (Lev 25:6-7)."*

**Rome, Saint John Lateran, 11 February 2022, Memorial of the Blessed Virgin Mary of Lourdes.**

**FRANCIS**



# Pilgrimage to Rome 2025



In October 2025 St Joseph's is to go on a pilgrimage to Rome. Students in Year 7 - 13 will be given the opportunity to go to Rome as part of the Jubilee Year of Hope. The pilgrimage aims to offer every student who participates the opportunity to serve deepen their Faith and take the opportunity to join in prayer and join other Catholics and non-Catholics in celebrating the year of Hope

Launch Pilgrimage to Rome February 2025

Clear and Ambitious vision of how to fundraise and expectations of all involved

Launch fundraising activities within school and parishes March 2025



Worked together with one another to fundraise and support each other through service

May review of where we are at

Meet as a collective group, safeguarding checks and expectations

Pilgrimage to Rome





# Catholic Workers Farm

St Joseph's supports the Catholic Workers Farm as it's local charity and through our support we aim to put our Faith In Action to support the residences of the farm. The origins of the program come from a group of staff who were keenly involved in the co-ordination and promotion of community service and justice activities for students over a number of years. Their discussions and reflections were guided by the belief that all students and staff at St Joseph's are called to 'do and be more' with the local, national and global communities in which we live. We also hope that out of a true sense of solidarity, our students, both present and past, would increasingly be asking questions about 'why' and 'how' the gap between the rich and the poor in our society is widening and most importantly be asking "What can I do about it?" The Catholic Workers Farm is highlighted to all students through assemblies and then this is further enhanced through form time to engage students and allow them an active opportunity to be involved..

Over the course of the year we take groups of students over to the Farm over for an afternoon to get a tour around and meet some of the guests. Through the Thames Valley Learning Partnership (TVLP) we also invite Scott the Chaplain from the farm to talk about it's work and Social Justice in the world. Over the course of the year students at St Joseph's Festival actively engage in the farm by:

- Drama and music performances
- Share stories with one another
- Provide a fun community for the young children of the farm
- Develop a "Spirituality of Service" amongst our students
- immerse all students, over their time here at St Joseph's, in an area of need within our local community and in our global community.
- provide an avenue for our Alumni to continue their involvement with and support of the school by participating in ongoing initiatives or by being part of an ongoing funding program
- provide recognition of all who give so freely of themselves for Service





# St Joseph's the Worker Day

**On 1<sup>st</sup> May we as a school come together to celebrate our Feast Day and to live out our Faith as a school community. To raise the profile of service within our community, St Joseph's celebrates our Feast Day by coming together as a school community for Mass and then demonstrate our belief by undertaking a whole school Faith Walk in the community. Here we try to raise the profile of our school and cause as well as raising money for our school charity, the Access to Shine Project**





# CST@SJS

## What is Catholic Social Teaching?

Catholic Social teaching (CST) is the Catholic doctrines on human dignity and the common good that influence everything a Catholic or Catholic organisation like St Joseph's should do. Written by Popes and other leading Catholics these writing are usually referred to as Encyclicals examining social issues that affect society such as hunger, conflict, workers rights and the environment in the light of Scripture.

## What are the different themes and how many are there?

There are 7 key principles to Catholic Social teaching. These are:

**Life and Dignity of a Human Person**

**Solidarity**

**The Common good**

**Option for the Poor**

**Peace**

**Creation and the environment**

**Dignity of work and participation**

Our curriculum is flexible to ensure that current affairs such as Black Lives Matter are not only covered by reading books such as Journey to Jo 'Burg and examining slavery in the Americas but can be discussed in our reflection times each day. Coverage of the Holocaust is not just linked to History but is covered in RE in Judaism. Our Collective Worship through Assemblies and form time is a huge part of school life and we tackle issues of Social Justice with worship prepared by the children to further enhance their learning and gain an appreciation of issues in the world. Our collective worship plan has dedicated sessions where we look at issues of social justice such as National Holocaust Day, Black History Month, Anti Bullying week as examples.

As well as extensive coverage in our curriculum, we build into our St Joseph's life opportunities for pupils to work closely with different charities such as Access to Shine and the Catholic Workers Farm. By giving pupils the opportunity to look at the plight of refugees, pupils have worked hard to elicit responses from people in authority to try and make these people's lives better. We are all here for each other and the community we serve, and our mission is to support those less fortunate than ourselves. As a school community our Mission Statement and Ethos highlights the truth that we are all made in God's Image and as such all have an inherent and unique dignity. This is reflected in our relationships, our focus and actions as well as our policies and governance at the heart of our School. We are all brothers and sisters together in a community which dovetails into one wider, more diverse and global community who share our common home together on our planet.



# CST@SJS

## Life and Dignity of a Human Person

We are **Compassionate and loving** by showing respect to one another and building strong relationships with our teachers and peers. Also by being **Learned and Wise** in unlocking our belief in All our own abilities and striving to be the best we can in our learning

***There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. Galatians 3:28***

At St Joseph's we respect human dignity in all we do. We believe every human person is made in the image of God. Consequently, every person is worthy of respect simply by virtue of being a human being. The Christian belief that all of us are created in the image and likeness of God teaches us that every person has value, every person must be treated with respect, every person has an inherent dignity, not because of what they achieve, not because of their status in life but simply because they are

The principle of Human Dignity means that Catholic Social Teaching takes a strong position not only on issues around the start and end of life (like the death penalty and abortion) but also everything in-between. For example: it can affect how we think about how our society supports those with disabilities, how we address global inequality, how we think about trade and the approach we take to civil rights issues.

Pope Francis asked: *"How can it be that it is not a news item when an elderly homeless person dies of exposure, but it is news when the stock market loses two points?"*

Our concern for the dignity of others should shape our economic policies and find expression through the way we live our lives. It is not enough to be against an issue like euthanasia, we must be involved in: *"working to eliminate the structural causes of poverty and to promote the integral development of the poor, as well as small daily acts of solidarity in meeting the real needs which we encounter."*



# CST@SJS

## Solidarity

We are **Grateful and generous** - by our words and actions showing how we care for one another. ***There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. Galatian 3:28***

At St Joseph's we show solidarity in all we do. We stand side-by-side with our sisters and brothers, especially those living in poverty. Solidarity begins with the idea that all of us, created in the image and likeness of God, are part of one family. In the Catechism of the Catholic Church we are reminded that; *"The Eucharist commits us to the poor. To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren."*

In our world today over 1.3 billion people live below the agreed UN poverty line, Pope Francis reminds us that *"The many situations of inequality, poverty and injustice, are signs not only of a profound lack of fraternity, but also of the absence of a culture of solidarity"*

Pope Francis wrote, in Evangelii Gaudium, #235, 2013: *"The whole is greater than the part, but it is also greater than the sum of its parts... We constantly have to broaden our horizons and see the greater good which will benefit us all. But this has to be done without evasion or uprooting... We can work on a small scale, in our own neighbourhood, but with a larger perspective."*

## Common Home

**Care for our Common Home: Attentive and discerning** – by being proactive and informed as guardians of the earth and all creation.

***The Lord God took the man and put him in the garden of Eden to work it and keep it. Genesis 2:15***

At St Joseph's we care for our common home in all we do. Our world is a gift from God. Global warming affects the poorest people the worst. In 2015, Pope Francis wrote a 'letter to the world' bringing together decades of Church teaching in the encyclical, Laudato Si. This letter begins by reminding us that in his canticle our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us

However he goes on: *"This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her."*







# **CST@SJS**

## **Option for the poor**

We are **Faith-filled and hopeful** – we aim to learn about social and historical inequality and its causes. Pupils will be actively supporting and being advocates for the poor.

***If anyone has material possessions and ignores his brother in need, how can he love God? 1 John 3:17***

At St Joseph’s we promote an option for the poor in all we do. God’s love is universal; he does not side with oppressors, but loves the poor and humble. In Luke’s Gospel, as Jesus begins his ministry, he states clearly those principles which will guide him. He talks about being ‘Good News’ for the poor, and throughout the Gospel demonstrates his compassion for and his involvement with those on the margins of society. He overturns convention: those who are poor are blessed

The Church's love for the poor ... is a part of her constant tradition. This love is inspired by the Gospel of the Beatitudes, of the poverty of Jesus, and of his concern for the poor. Those who are oppressed by poverty are the object of a preferential love on the part of the Church, which, since her origin and in spite of the failings of many of her members, has not ceased to work for their relief, defence, and liberation

## **Peace**

We are **Intentional and Prophetic** – we aim to be an example we expect pupils to take on leadership responsibility and as a result they have the right to contribute in a meaningful way to school life.

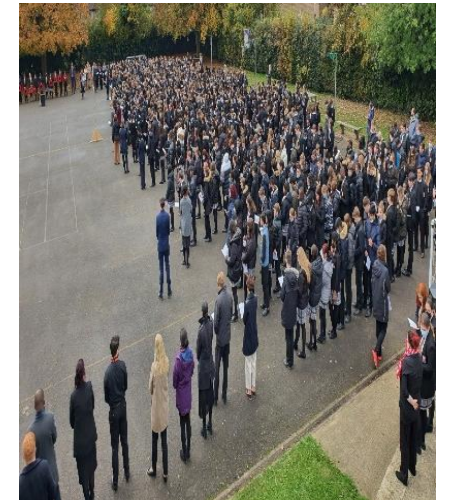
***Blessed are the peacemakers, for they shall be called sons of God. Mark 5:9***

At St Joseph’s we strive for Peace in all we do. Peace is not just the absence of war. It is part of God’s nature, and a value we should all seek to live out in our daily lives. Peace comes from both justice and love and is dependent upon people understanding one another.

“...those who promote peace have joy.” Proverbs 12:20

“Today the world has a profound thirst for peace. In many countries, people are suffering due to wars which, though often forgotten, are always the cause of suffering and poverty.” Pope Francis, 20 September 2016

“Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life.” Pope Francis, Laudato Si’, 22







# We are *Intentional and Prophetic*

*Christ has no body on earth now but yours, no hands but yours, no feet but yours; yours are the eyes through which he looks with compassion on the world; yours are the feet with which he walks to do good; yours are the hands with which he blesses all the world."*

St Teresa of Ávila (1515-82)



# CST@SJS

## Stewardship

**Stewardship and the environment.** We are **Attentive and discerning** – by being proactive and informed as guardians of the earth and all creation. Stewardship is all about caring for the many gifts that God has given to us. These include our environment, our own talents and other resources.

***The Lord God took the man and put him in the garden of Eden to work it and keep it. Genesis 2:15***

At St Joseph's we care for our common home in all we do. Our world is a gift from God. Global warming affects the poorest people the worst. In 2015, Pope Francis wrote a 'letter to the world' bringing together decades of Church teaching in the encyclical, Laudato Si. This letter begins by reminding us that in his canticle our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us

However he goes on: *"This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her."*

## Dignity of work

Dignity of work and Participation: **Active and curious** by example we teach, learn and promote community cohesion with our ecumenical work.

***"...our love should not be just words and talk; it must be true love, which shows itself in action." I John 3:18*** At St Joseph's we promote participation in all we do. The principle of participation is the teaching that People have a right and a duty to take part in shaping a more just and human society, *"...people have an obligation to be participants in the life of society and society has a duty to enable them to participate: 'True faith in the incarnate Son of God is inseparable from self-giving, from membership in the community, from service, from reconciliation with others. The Son of God, by becoming flesh, summoned us to the revolution of tenderness.'* Pope Francis, *Evangelii Gaudium*, #88, 2013

In today's society action of Catholic Social Teaching is so important and at St Joseph's we not only want to allow students to learn about how they can participate but we encourage them to get up and make a difference to those in society. It is through action that we can make a positive difference to others and action is encouraged in all we do.






## Mock Trial Competition

Year 9 and 10 students have been busy rehearsing for the mock trial competition which they will soon be competing in at Reading Crown Court. They have been enjoying benefiting from the expertise of local magistrates who have been helping them prepare their case and get into character as lawyers, witnesses and magistrates.



# CST@SJS

The CST@SJS has an award system which acknowledges the efforts of our students in the area of Catholic Social Teaching. In the same way that the school recognises students' academic, cultural and sporting achievements, this program is a specific way of recognising 'students' time and contribution to how they have learnt and lived out Catholic Social Teaching.

<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
 100 points Points are awarded based on school activity/service	 200 points Points are awarded for service beyond the St Joseph's school community	 500 points Minimum 50 hours Service beyond the St Joseph's school community



# Challenges abroad 2024-25

St Joseph's 6<sup>th</sup> form students also have the opportunity to further develop their knowledge of Catholic Social Teaching and live it out through their actions by taking part in the Challenges Abroad initiative that St Thomas Catholic Academy Trust lead on. Nine students work with other students in the Trust to go to India, Tanzania and Panama to help with local project to support the poor.

Greater Social Equality. A More Sustainable Environment.  
A More Secure World for Everyone.



Challenges Abroad is a social enterprise that provides impactful, overseas learning programmes for students. Our mission is to develop the next generation of Global Citizens, who as future leaders will help shape a better future for everyone.

We have had over **8,000** participants from Australia and the UK join our programmes!

## The Challenges Abroad Difference



**Student Impact**  
Developing the next generation of Global Citizens.



**Community Impact**  
Delivering long-term development projects that support local communities.



**Environmental Impact**  
We are working to becoming a carbon neutral organisation.

## Supporting our Charity

Challenges Abroad supports international development through our partner charity, the FutureSense Foundation. They have a team based in-country year-round that not only supports you during your trip, but also ensure that our programmes form part of a sustainable development plan that will benefit the community long-term. Our partnership ensures that your work is meaningful and gives you a chance to make a real difference.



## Going Carbon Neutral

We have partnered with an organisation called Evergreen to neutralise the carbon footprint generated by your trip. With Evergreen, we will be planting trees in Kenya and Nepal, supporting the local community in the area, generating employment and neutralising carbon emissions. In addition we encourage students to participate in activities such as tree planting and reducing their use of plastic.

## Where we are based: Palampur

Palampur is located in the Kangra Valley of Himachal Pradesh. Palampur has an interesting colonial legacy with architectural remnants from the British colonial period. Palampur also has a significant Tibetan refugee population and you can find Tibetan monasteries in the area. Palampur is renowned for its tea plantations which create a beautiful landscape and contribute significantly to the local economy.



New Delhi  
Palampur

## Why Palampur?

India is the world's 7th largest economy and with a youthful population and a strategic geographic location it has long been emerging as a regional and global power. However, India faces pressing problems such as extensive poverty and environmental degradation. The FutureSense Foundation focus in Palampur is on early childhood development and helping to close the inequality gap in the local community by assisting educational institutions. The aim of the education programme is to teach young people conversational English to improve their language skills and increase the number of students continuing on to higher education.

## Meet Our Team!

Laxmi Gautam is our Hub Manager in India. Laxmi has a long career as a health care management professional, and she brings a strong commitment to the development sector to the role. Laxmi has a wealth of experience working with NGOs focusing on education, health care, skills development and livelihoods. She aims to enhance the outreach of FutureSense Foundation programmes in India, and looks forward to welcoming you!



Laxmi  
Hub Manager



## St Thomas Catholic Academies Trust Panama Citizen Programme

### Why Apply?

- ✓ Experience of a lifetime
- ✓ Make an impact
- ✓ Boost UCAS application
- ✓ Develop your skill set
- ✓ Funding available

## Panama

Step out of your comfort zone and experience Panama. Based in El Valle, you will have the opportunity to contribute to community projects and explore this incredible biologically diverse country.

July 2024



## Our Hub

### Where we are based: Arusha

Arusha is located in the north of Tanzania at the foot of Mount Meru, around 400km from Tanzania's capital city, Dodoma. Arusha is known as the capital of Tanzania's Northern Safari Circuit, and it's a bustling city filled with a mixture of markets, old colonial buildings and modern conveniences. Despite its proximity to the equator, Arusha's elevation keeps temperatures relatively low and alleviates humidity.



Dar Es Salaam  
Arusha

### Why Arusha?

Despite rapid growing tourism, Tanzania is a developing nation and children growing up there face barriers to receiving quality education, proper healthcare and health education, as well as access to clean water and sanitation. The effects of climate change, degrading land and deforestation, are also having a huge impact on the 76% of people in rural areas who rely on the natural environment for their livelihoods. The Foundation's project work is guided by these challenges, with a particular focus on quality education. We work with our partner schools in a sustainable way, working closely with the headteachers to target the age groups which will benefit the most from cross-cultural inclusion.

### Meet Our Team!

Maria is the Operations and Hub Manager for our team in Tanzania. Maria comes from a background in marketing, communication and public relations. Maria is passionate about fundraising and event coordination. Her primary motivation is on community and social development with a focus on education. She'll be with you every step of the way during your adventure!



Maria  
Operations and Hub Manager

# Examples of charities supported

**HOPEFULL PILLOWCASE APPEAL**  
A SLICE OF HOPE

**WHAT DO WE DO?**  
We help war-torn and disaster-struck communities by serving freshly baked pizzas, snacks and drinks to those who need a slice of hope.

**INSTRUCTIONS:**  
Bring in your donations and give them to the necessary people.

**WHAT CAN YOU DO TO HELP?**  
Bring in any of these items to give to the people in need!

- Baby powder
- Baby milk powder
- Baby nappies
- Baby wipes
- Hand sanitiser
- Sanitary items
- Feminine products
- Toiletries
- RBL/DN deodorant
- Pillow cases
- Colouring books
- Toys
- Hygiene products

**IMPORTANT:**  
No food or aerosol products

They will put all your items into pillowcases to be donated to the HopeFull charity!

Follow us: @HopeFull

TVLP



**OPTION FOR THE POOR**

**SVP CHRISTMAS HAMPERS**

The measure of the greatness of a society is found in the way it treats those most in need, those who have nothing apart from their poverty! - Pope Francis 2013

Your hampers should include:

- Christmas sweets
- Christmas card/message
- Cereal
- Soup
- Pasta/Rice
- Warm clothes
- Tinned goods
- Tea/Coffee
- Fruit Juices
- Instant socket food
- Toiletries
- Hygiene products

All hampers to be completed and delivered to the school hall (under the tree) for Tuesday 17th December  
Thank You!



**Elves, assemble!**

**It's Christmas calling!**

For the 8th year in a row, we're rolling out our Christmas Pajama appeal, and we need your help.

Unfortunately, it looks like more families will need our help this year, so let's spread that Christmas magic!

We're asking for labelled gift bags with the following:

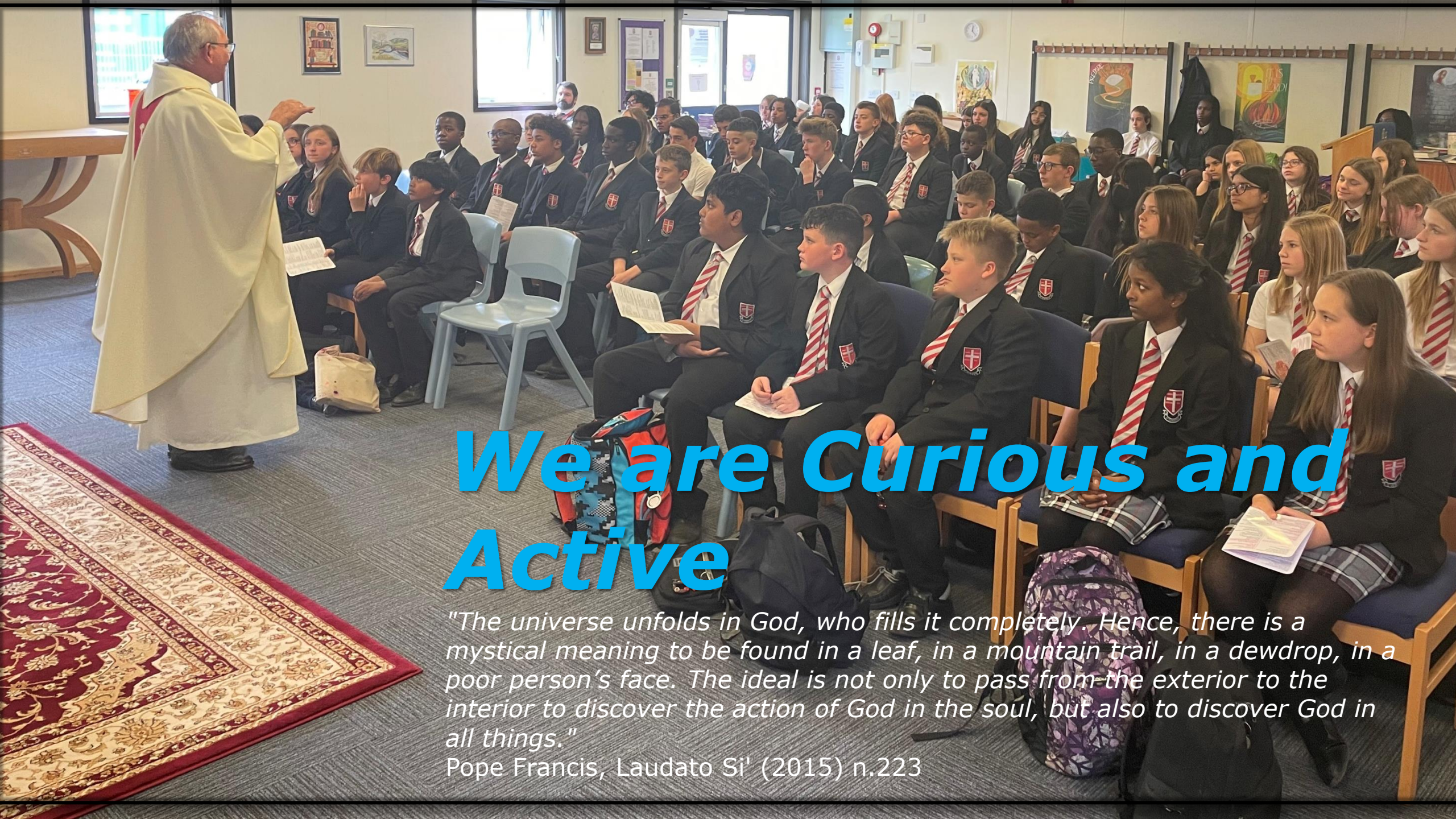
- A cozy set of brand new winter PJ's
- A scrumptious selection box of chocolates
- A shiny new book to spark their imaginations

Closing date for gift is Friday 28th Nov

Mon, Weds & Fri 8:30-10:00  
Unit A2, Tectonic Plaza  
Holyport Road, SL6 2PL

St Joseph's students also help additional charities as and when the need arises. In 2023 and 2024 students have supported by Hopefull Pillow Case Appeal and the Baby Bank Appeal. The Hopefull campaigns aims for donated items to be sent to those in Ukraine who are suffering due to war. The Baby Bank Appeal helps local families in donating pajamas for children at Christmas





# **We are Curious and Active**

*"The universe unfolds in God, who fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face. The ideal is not only to pass from the exterior to the interior to discover the action of God in the soul, but also to discover God in all things."*

Pope Francis, *Laudato Si'* (2015) n.223



# Serving the most in need in society

We believe that as a Catholic school, St Joseph's should be concerned with the social issues of today's world and bringing them to the awareness of those in our community. In doing so, we would hope that we can develop within our community a spirituality that promotes service to others and creates a commitment to people in need. We aim to uphold these ideals through a variety of methods which seek to make

service involvement:

- challenging yet achievable
- far reaching yet accessible
- interesting and hard work
- charitable and personable
- manageable yet requiring a commitment
- sacrificial and rewarding

A strong Service Program allows us to:

- raise our consciousness and inspire our students to work in solidarity with the hopes and aspirations of others so that together we can build a transformed society
- acknowledge, and advocate for, the dignity and the significant role of all people, recognising their equal share in shaping a transformed society
- form "strong minds and gentle hearts" in our young students
- further develop our students to become 'Good Christians and Good Citizens' who have a strong sense of empathy, provide strong role models and mentors for others through wider College involvement i.e. staff and parents.
- support groups and organisations working for the welfare and betterment of all people, especially the marginalised.



## **A sandwich and prayer for those most in need**

One example of how our students serve those most in need is our '***Sandwich for the homeless campaign***'. Over the course of the school year, every student at St Joseph's will make a sandwich and write a prayer which will be passed on to a homeless person to ensure they know they are cared for and so we all do our bit to help those most in need in society



# House Service Activities

We believe that within the context of faith, life and justice, service has the potential to be a key formative experience which resonates with the call of the Gospel to act justly, love tenderly and walk alongside all those we meet. St Joseph's has a pastoral care system which is divided into six Houses. Each House along with the school leaders and House Group Leaders, are responsible for the promotion and participation in Service throughout the House. The Four Pillars of Care states that each House Group leader must 'build a sense of belonging and community within their House Group and beyond... by planning and implementing some charitable work'.

House	Charitable cause	Aim/s and impact
Cecilia	Cafod	To raise awareness and money of people living in poverty with practical help, whatever their religion or culture. CAFOD is the official aid agency of the Catholic Church in England and Wales and part of Caritas International.
Peter	SHOC - Slough homeless	To raise awareness and money of SHOC (Slough Homeless Our Concern) is a day centre that exists to provide care for the homeless in Slough and those at risk of becoming so. They offer both crisis care and long term transformational help towards independence
Jerome	Teenage Cancer charity	To raise awareness and money of Teenage Cancer Trust that offers unique care and support, designed for and with young people. They fund specialized nurses, youth workers and hospital units in the NHS, so young people have dedicated staff and facilities to support them throughout treatment.
Teresa	Catholic Children's society	The Catholic Children's Society supports disadvantaged children and families across London, Hertfordshire and the South East. We work with individuals of all faiths and none; our sole aim is to help those in greatest need
Mark	Rainbow trust children's charity	The Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a life-threatening or terminal illness.
Veronica	Catholic World Mission	The Catholic World Mission aims to bridge the gap of poverty, spiritual gap and ensure the young of the future can be prevented from living in poverty

# Access to Shine Project



This Community Secondary School is at Ndi Uduma Awoke, Ohafia L.G.A, Abia State in Nigerian. It is a Mixed, junior secondary school at the moment. (JSS1, JSS2 and JSS3) but wants to start senior secondary school. But because of lack of infrastructure they are not able to do that.

The total federal allocation to education is below 10 percent of the total annual budget. Currently there are over 250 students at this school and they lack sufficient numbers of desks for students to study. In desperate need of school building, books and other school supplies.

6 paid teachers and 4 voluntary teachers. The shortage of teachers in rural schools gives rise to a situation where a teacher is saddled to teach two or more subjects, even outside their area of specialization. Quality education cannot thrive in an environment where basic social amenities are lacking.

Some children Like Kalu and his friends must travel hours to reach school.

Many families see little immediate value in their children sitting behind desks, learning reading and writing and other skills for which there is no use in the village.

Getting Out of School Children back to Classrooms:

- Improve access to education
- improve educational outcomes for children in rural communities by easing the difficulties they face with mobility to school and back.

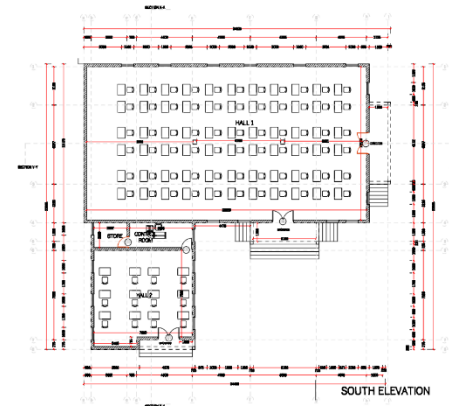
Two out of six young people in this community suffering from poor mental health -Mood and anxiety disorders.

We are hoping to raise enough funds to build a school hall, so that they will meet the requirement and be able to start holding exams in the school and take their GSCE, renovate dilapidated classrooms, Lab and library to meet accreditation requirement and Tackle the teacher shortage problem.





# Access to Shine 2024-25 – where we are so far



NOTE

- All dimension are in millimetre
- All dimension are taken from structural and not finished faces
- No alteration should be carried out on this design without the approval of the architect
- All workmen to not take job he did not supervised

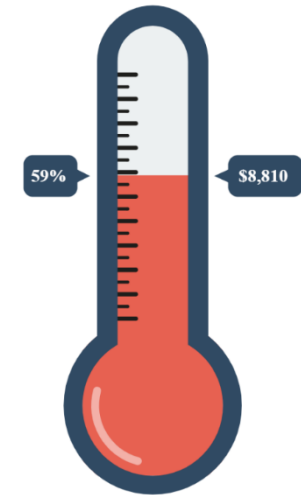
Suffix	Revision	Sign	Date

Client: FEDERAL AGRICULTURE, FORESTRY AND FISHERIES DEPARTMENT  
Project: W. GANGETTIBAL  
Location: FEDERAL AGRICULTURE, FORESTRY AND FISHERIES DEPARTMENT  
Project architect: **Z&K** ARCHITECTS & ENGINEERS  
Architect: Philip Kufre Ushah  
Supervising architect: A/C. OCHIAI LI. SPO

3D Model of the Project Plan



GOAL: \$15,000



causevox  
powered by CauseVox

The foundations have been dug and the first bricks have been laid. So far we have helped raise 59% of the money for the new school to be built.



# *We are Faith-filled and Hopeful*

*Jesus said, "Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.*

*Mark 11:22-24*





# Staff formation

St Joseph's recognises the importance of developing the faith of its staff members and seeks to provide a number of opportunities for staff to deepen their faith within the school community. Pope John Paul II stated the importance of this in his document 'Ecclesia in Oceania' (2001), where he wrote *"the identity and success of Catholic education is linked inseparably to the witness of life given by the teaching staff...School staff who truly live their faith will be agents of a new evangelisation in creating a positive climate for the Christian faith to grow and in spiritually nourishing the students entrusted to their care. They will be especially effective when they are active, practising Catholics, committed to their parish community and loyal to the Church and her teaching"*. Faith Formation activities consist of compulsory and optional opportunities and some require staff to apply.

Informal	Monday and Friday prayer, school Assemblies, House Liturgy Participating in staff prayers Discussions about faith with colleagues and students Participation in Service activities
Formal	workshops – CPDs Middle leaders and acts of worship Mentoring on Retreats, leading Staff and School Prayer School Footsteps – Spirituality Retreat Staff Faith Formation: Twilight Retreat Staff Faith Formation: CSYMI UK

<p>✓ <b>Targeted Staff Faith Formation</b></p>	<p>Addressing specific needs to individuals or groups of staff Wellbeing Day – Reflections, meditation, walks Staff Retreat experience (Porta Fidei retreat) Immersion preparation</p>
<p>✓ <b>Independent Faith Formation</b></p>	<p>Personal retreats Personal prayer life Participation in the Sacraments Service Personal spiritual direction Further study in Theology, Scripture and Spirituality</p>



# Alumni

Josephites are people who presently have or in the past have had links with St Joseph's and wish to stay more closely connected with the St Joseph's way. Socially, spiritually, through service or by just joining fellow alumni at a variety of activities held throughout the year.

Josephites gather at various times throughout the year. These may include:

- Key events – Mass
- Lenten and Advent Prayer groups
- Exploring Spirituality
- Social events

You are invited to join Josephites and are most welcome to invite other friends and family to events.

Young Josephites is about connecting ex-students of St Joseph's , particularly those who were captured by the spirit of the school exploring further what it means to be a young person with a strong mind and gentle heart in today's world.

Young Josephites aims to connect recently graduated students into the wider school picture through providing a range of opportunities that combine faith, action and reflection. The group is

coordinated by recently graduated students and aims to provide a range of

opportunities such as:

- Regular Fellowship at Prayer
- Social Opportunities
- Key Note Speakers





A photograph of several students in school uniforms sitting in a classroom. They are all looking down, appearing to be focused on their work or a presentation. The students are wearing dark blazers with a crest on the left chest and red and white striped ties. The background shows a classroom setting with a window and a whiteboard.

# We are Attentive and Discerning

*"I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, and they will return to me with all their heart."*  
Jeremiah 24:7



# Common prayers

## **The Lord's prayer**

Our Father, who art in heaven, hallowed be thy name;  
thy kingdom come; thy will be done; on earth as it is  
in heaven. Give us this day our daily bread. And  
forgive us our trespasses, as we forgive those who  
trespass against us. And lead us not into temptation;  
but deliver us from evil..  
Amen.

## **Hail Mary**

Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women and blessed is the  
fruit of thy womb, Jesus. Holy Mary, Mother of  
God, pray for us sinners, now and at the hour of  
our death.  
Amen.

## **St Joseph's School prayer**

Saint Joseph, be with me as I begin another day.  
Help me to concentrate on my studies, to listen to  
the needs of my Brothers and Sisters in Christ and  
to remember I can achieve great things with the  
gifts given to me.  
Amen.

## **Prayer for our school**

Lord God, we ask for your blessing upon our  
school.  
Help us to show respect, understanding, affection  
and humour in all we do. May we be instruments  
of your love and peace, and follow St. Joseph's  
example of faith and trust in you always. Saint  
Joseph – pray for us.  
Amen.

# Common prayers

## Prayer to St Joseph

Saint Joseph, through trust and faith, your life was changed and directed by the will of God. By your example, help us to have confidence in the plans God has for us. Give us the grace to trust and pray and know that, in God, we have all we need. We make this prayer, through our Lord Jesus Christ. Amen.

## Prayer to Our Lady

Mother Mary, today I look to you as an example. You were young. You were afraid. You didn't understand what life was going to be like for you. But you had faith. Help me today to understand that I don't need to know all the answers. I just need to try my best, work hard and put my trust in God who loves me. Amen.

## St Cecilia

St. Cecilia, we ask you to help us follow your example as patron of our House. May we be guided by God's love as you were, and have confidence in our faith even when we have doubts and questions. Amen.

## St Peter

St. Peter, we ask you to help us follow your example as patron of our House. Give us determination and courage to follow our faith and listen to God each day. Amen.



# Common prayers

## **St Jerome**

St. Jerome, we ask you to help us follow your example as patron of our House. Help us in our studies; to focus, to learn, to ask questions and rely on God to guide us always.  
Amen.

## **St Teresa**

St. Teresa, we ask you to help us follow your example as patron of our House. Help us to always pray and talk to God through every circumstance, putting him first in all things.  
Amen

## **St Mark**

St. Mark, we ask you to help us follow your example as patron of our House. May we have confidence in our faith and strive to make God's message known to everyone.  
Amen.

## **St Veronica**

St. Veronica, we ask you to help us follow your example as patron of our House. Help us to show God's love and compassion in everything we do, knowing that it will always make a difference.  
Amen.

# Common prayers

## Glory be to the Father

Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning  
is now, and ever shall be  
world without end. Amen

## Come Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful.  
R. And kindle in them the fire of your love.  
V. Send forth your Spirit and they shall be created.  
R. And you will renew the face of the earth.  
Let us pray  
O God, who by the light of the Holy Spirit,  
did instruct the hearts of your faithful,  
grant that by that same Holy Spirit,  
we may be truly wise, and ever rejoice in your consolation,  
Through Christ our Lord.  
Amen.

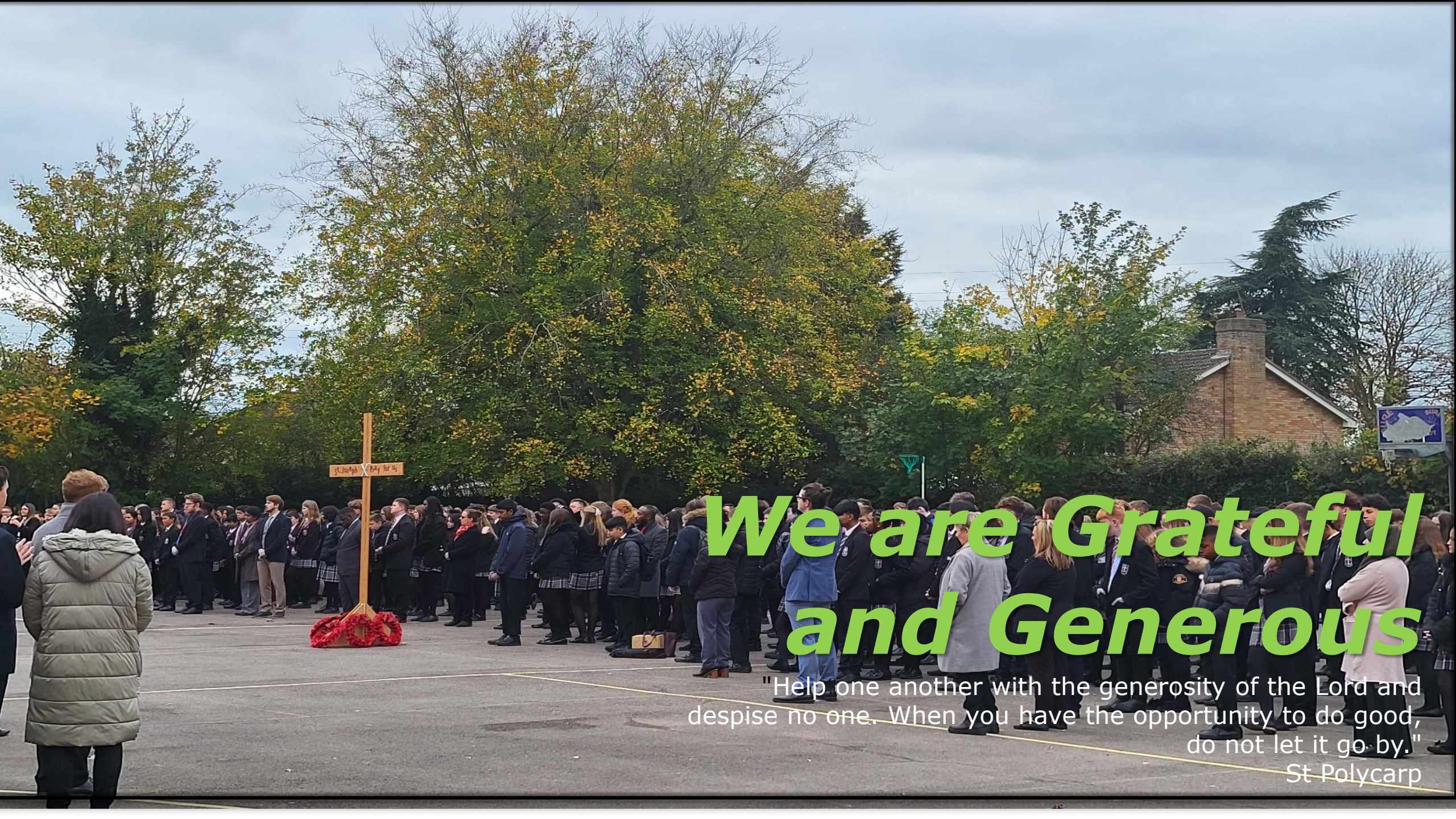
## Act of Contrition

O my God,  
because you are so good,  
I am very sorry that I have sinned against you,  
and with the help of your grace  
I will not sin again.

## The Angelus

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.  
Hail, Mary, full of grace, the Lord is with thee. Blessed art thou  
among women, and blessed is the fruit of thy womb, Jesus. Holy  
Mary, Mother of God, pray for us sinners, now and at the hour of our  
death.  
Amen.  
V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.  
Hail, Mary, full of grace.....  
V. And the Word was made flesh.  
R. And dwelt among us.  
Hail, Mary, full of grace.....  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.  
Let us pray; Pour forth, we beseech thee, O Lord, thy grace into our  
hearts; that we, to whom the Incarnation of Christ, thy Son, was  
made known by the message of an angel, may by his Passion and  
Cross be brought to the glory of his Resurrection.  
Through the same Christ, our Lord.  
Amen





# *We are Grateful and Generous*

"Help one another with the generosity of the Lord and despise no one. When you have the opportunity to do good, do not let it go by."  
St Polycarp





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