

Post - Primary Diocesan Advisers R.E. News Blog - May 2024

Dear Chaplain and R. E. Teacher,

I hope that Easter has filled you with renewed life as you face into the final weeks of our school year. May we continue to nurture each student's desire to succeed, to grow in confidence and to thrive in school.

You have worked hard to ensure that your students have progressed well on their individual journeys in order to provide them with the tools they need to navigate the challenges of examinations as well as the endings and beginnings which mark school life.

During this month of May, our Liturgy too seems to echo this pattern of endings and beginnings. Before His Ascension which we celebrate on May 9th, Jesus promises to send His Spirit to be with us always. That same Spirit is poured out on us in abundance not just on Pentecost Day, May 19th but at every moment of our lives.

With the universal church we pray:

"Come, O Creator Spirit, come, and make within our hearts your home; to us your grace eternal give, who of your breathing move and live."

Long tradition has celebrated May as the month of Mary ... together with the whole church, we dedicate this month to her. As we gather up the pieces of this school year, we ask Mary to present them to her Son and ask Him to fashion them and the students we serve into something great for God. We ask her protection on us and on all members of the school community. "A Mhuire Mháthair, I rith mo shaoil, Bí liom mar dhídean ar gach aon bhaol."

Let us open ourselves to receive the fullness of the Spirit and be enfolded in Mary's love ...then we will all surely understand that endings and beginnings are just another step on our path through life.

We welcome all our endings and beginnings as opportunities and promise.

Jesus Is Risen. Alleluía... He goes before us on our way. May we be open to the life of the Spirit.

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https://www.popesprayer.va/

https://popesprayerusa.net/

Small Group reflection

https://popesprayerusa.net/popes-intentions/

Pope Francis has given us specific prayer intentions for each month of 2024. These intentions invite us to join in prayer and reflection on various important themes. They reflect Pope Francis' concern for various aspects of human life, the Church and the world.



May: For the Formation of Religious, Monks, Nuns, and Seminarians

May religious women and men, as well as seminarians, grow in their vocations through human, pastoral, spiritual, and community formation, becoming credible witnesses to the Gospel.

June: For Those Fleeing Their Country

We pray that migrants escaping war or hunger, forced to undertake perilous journeys, find welcome and new opportunities in the countries that receive them.

July: For Pastoral Care of the Sick

May the Sacrament of the Anointing of the Sick bring comfort and hope to those who receive it and their loved ones, becoming a visible sign of compassion.

August: For Political Leaders

Let us pray that political leaders serve their people, working for integral human development and the common good, especially caring for the poor and those who have lost their jobs.

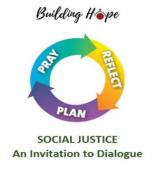


Following a process of dialogue and discernment with parishes, in Advent 2022, Archbishop Farrell confirmed the 53 parish partnerships across the Archdiocese – 'part of the work to enable our parishes to continue the mission of the Church in our time'. Every parish in the diocese is now in a **parish partnership**. Since then, parishes have begun, with diocesan supports and pastoral aids, to nurture a close and creative relationship. Parish teams, parish pastoral councils and parish finance committees have begun to meet together in partnership towards developing supporting structures – a partnership pastoral council and a partnership finance forum - and a coherent pastoral strategy across parish and partnership in response to the call we each received in Baptism.

This pastoral phase of the implementation of *Building Hope* - the pastoral renewal initiative in the Archdiocese of Dublin - continues to progress with parishes and parish partnerships reflecting together on the Framework for Pastoral Renewal (see diagram), firstly, on **SERVANT LEADERSHIP** with diocesan supports and <u>training</u>.

More recently, **SOCIAL JUSTICE** has been the pastoral focus. The *'Parishes Caring for Creation'* conference held last November was part of the *Building Hope* initiative focused on social justice





Pastoral Aid for
Partnership/Parish Pastoral Councils

Archdi cese of Dublin

was distributed to parishes in October 2023. It encourages synodal, prayerful dialogue and discernment about the social and cultural dynamics of the local area. It also reminds us that social justice is at the heart of the mission of the church – preferential option for the poor/marginalised – and offers an opportunity to connect with the principles of Catholic Social Teaching. All pastoral aids offered to parishes can be revisited here, under the Building Hope tab on the diocesan website.

A pastoral aid, Social Justice: An Invitation to Dialogue,

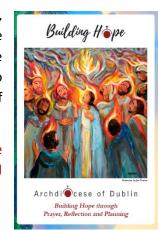
A Social Justice Working Group was established at diocesan level to dialogue with parishes in partnership in specific areas of social disadvantage. 'Just Lent' resources offered by the Office of Mission & Ministry continued the social justice theme into the Lenten season.

Looking ahead, the Novena of Prayer to the Holy Spirit for the renewal of the church in the Archdiocese

of Dublin will commence on the Feast of the Ascension of the Lord (12th May), continue through Pentecost and finish on the Feast of Mary, Mother of the Church (20th May). It will be prayed across the diocese and resources will be available in parishes and on the diocesan website. We look forward in hope to continuing our faith journey and our shared mission at this exciting time of renewal in the Archdiocese.

We pray together..."May the Holy Spirit working in and through us do much more than we can dare to imagine as we live out our baptismal calling in humble and loving service."

From the Building Hope Prayer



Some Information and Websites to Explore...

Pope Francis - Recent Declaration - 8th April 2024

DECLARATION ON RELIGIOUS FREEDOM - DIGNITATIS HUMANAE ON THE RIGHT OF THE PERSON AND OF COMMUNITIES TO SOCIAL AND CIVIL FREEDOM IN MATTERS RELIGIOUS

The Dicastery for the Doctrine of the Faith's new document 'Dignitas Infinita' took five years to complete, and builds on the papal magisterium of the last decade: from war to poverty, from violence against migrants to violence against women, from abortion to surrogate motherhood to euthanasia, from gender theory to digital violence.

Declaration "Dignitas Infinita" on Human Dignity (2 April 2024) (vatican.va)

Summer Meditation Retreat

Where has the joy gone? Reconnecting with our True Selves.

Summer Meditation Retreat

For meditators aged 18 – 45

This retreat is a wonderful opportunity to deepen your spirituality through the practice of Christian Meditation. It is ideal both for those who've just started with meditation and for those who are more regular meditators.



The retreat will be held in

Bonnevaux,

Centre for Peace,
the spiritual home of the WCCM in the
beautiful French countryside,

From 30 July to 4 August

https://bonnevauxwccm.org/all-programmes/where-has-the-joy-gone-reconnecting-with-our-true-selves/? gl=1*174weio* ga*MTAzMDk2OTk1My4xNzEzNDQzNDAx* ga 081GDEK13T*MTcxMzQ2NTg3OC4yLjEuMTcxMzQ2NjMxNi42MC4wLjA.* gcl au*MTMxNTU2NDkzMC4xNzEzNDQzNDAx

Veritas Education Catalogue 2024

Please see below a link to the new Education Catalogue for the 2024 - 2025 school year.

Post Primary Education Catalogue: https://rb.gy/qfu2nf



May, the Month of Mary

"Whatever you ask in the Rosary will be granted".

The Blessed Virgin Mary promised St. Dominic and to all who follow that "Whatever you ask in the Rosary will be granted."

Origins of the Rosary

The history of the Rosary mostly consists of legend and tradition. There is evidence that beads were used to count Our Fathers and Hail Marys in the Middle Ages. Beads or knotted rope for counting emerged in the twelfth century. Bead is derived from the Old English word for prayer. By the late fifteenth century the Rosary derived its meaning (from German Rosencrantz, a rose garden), was taking shape. The Our Father was added a century later, then the Gloria and the Apostles Creed in the seventeenth century. In its modern form the Rosary was approved in 1569 by Pope Pius V.



Saint Louis de Montfort wrote in his book,

The Secret of the Rosary,

The word Rosary means "Crown of Roses," that is to say that ever time people say the Rosary devoutly they place a crown of...roses upon the heads of Jesus and Mary. Being heavenly flowers these roses will never fade or lose their exquisite beauty.

"One day, through the Rosary... Our Lady will save the world."

These were the words spoken to Saint Dominic by the Blessed Virgin Mary in the year 1208 when she appeared to him.

St. Dominic receiving the Rosary from the hands of the Blessed Virgin Mary, some 800 hundred years ago.



Saint Dominic's words have proven themselves true countless times. The Rosary has been a sign of hope and a source of many graces. There is a tradition that Our Lady appeared to Saint Dominic and gave him the Rosary as we know it today.

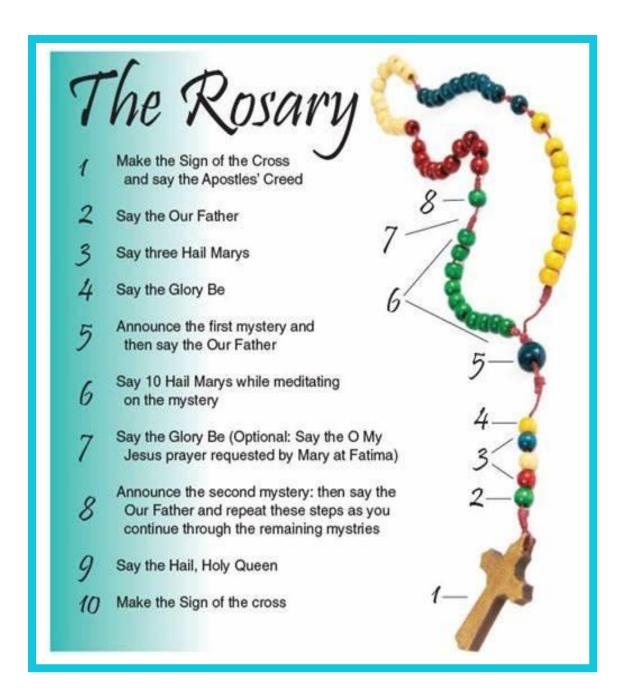
Pope John Paul 11 wrote an important letter on the Rosary. He explained its value and gave advice on how it might best be said. (Apostolic letter, Rosarium Virginis Mariae - 2002, available on the Vatican Website). In 2002, Pope John Paul II added a fourth set of mysteries, the Luminous Mysteries or The Mysteries of Light to the Rosary for the meditation on the public life of Jesus.



Slideshow 7 popes share their love of the Rosary

https://aleteia.org/slideshow/slidesh ow-7-popes-share-their-love-of-therosary/?from post=442663

The Rosary is a Scripture-based prayer. It begins with the Apostles' Creed, which summarizes the great mysteries of the Catholic faith. The Our Father, which introduces each mystery, is from the Gospels. The first part of the Hail Mary is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the Hail Mary. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and Luminous, Light. Each decade is a set of ten Hail Marys that represents an event in the life of Jesus and his mother. We reflect and meditate upon these mysteries. The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery.



After finishing each decade, some say the following prayer which was requested by the Blessed Virgin Mary at Fatima:

"O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy."

"Ó a Íosa, maith dhúinn ár bpeacaí, saor sinn ó thine ifrinn, agus stiúir anam gach n-aon go flaithis Dé, go háirithe iad súd atá i bhfíor-ghéarghá do thrócaire. áiméin."

After saying the five decades, we say the Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb Jesus, Jesus.

O clement, O loving, O sweet Virgin Mary.

Prayer Concluding the Rosary

After saying the five decades and the Hail Holy Queen, we pray:

Verse: Pray for us, O Holy Mother of God.

Response: That we may be worthy of the promises of Christ.

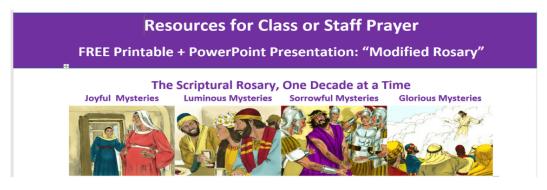
Let us pray. O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that mediating on these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

Teaching Teens to Pray the Rosary - iDisciple

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https://www.bing.com/videos/riverview/relatedvideo?&q=How+to+Pray+the+Rosary+Step+by+Step&&mid=58E96DCF1CB60686DE0D58E96DCF1CB60686DE0D&&FORM=VRDGAR



https://experience-wellbeing.com/

The Mysteries of the Rosary

The Rosary is divided into four parts, each having five mysteries.

The Joyful Mysteries (Mon.& Sat.)	The Sorrowful Mysteries (Tues. & Fri.)	The Glorious Mysteries (Sun.& Wed.)	The Luminous Mysteries (Thurs.)
1. The Annunciation	1. The Agony in the Garden	1. The Resurrection	1. The Baptism in the Jordan
2. The Visitation	2. The Scourging at the Pillar	2. The Ascension of Our Lord	2. The Wedding at Cana
3. The Birth of Our Lord	3. The Crowning with Thorns	3. The Descent of the Holy Spirit	3. The Proclama- tion of the Kingdom of God
4. The Presentation in the Temple	4. The Carrying of the Cross	4. The Assumption of Our Lady into Heaven	4. The Transfiguration
5. The Finding of the Child Jesus in the Temple	5. The Crucifixion	5. The Coronation of the Blessed Virgin Mary	5. The Institution of the Eucharist

Rúndiamhra na Corónach Muire				
Na Cúig Shólás Dé Luain, Dé Sathairn	Na Cúig Dhólas Dé Máirt, Dé hAoine	Na Cúig Bhua Dé Domhnaigh, Dé Céadaoin	Na Cúig Geala Déardaoin	
Teachtaireacht an Aingil	1. Anbhroid Íosa sa gháirdín	1. Aiséirí ár d'Tiarna	1. Baisteadh Íosa	
2. Cuairt Mhuire ar Naomh Eilís	2. Sciúirseáil Íosa	2. Deasgabháil Ár d'Tiarna	2. Pósadh ag Céana	
3. Breith ár d'Tiarna Íosa Críost	3. Corónú Íosa le deilgne	3. Tuirlingt an Spioraid Naoimh	3. Teacht Riochta	
4. An Toirbhirt sa Teampall	4. Íosa ag iompar na croise	4. Deastógáil na Maighdine Muire	4. A t-Athrú (Gné)	
5. Íosa í measc na n-ollúna	5. An Céasadh	5. Corónú na Maighdine Muire ar neamh	5. An Suipéar Deireanach	



In Our Lady's apparitions, she asks us to pray the rosary. Let us follow the request of the Mother of God!

The rosary can be prayed at almost any time, in almost any place, in the car, in the kitchen, in the bedroom, in the classroom and in the church.

1. You don't always need to pray the entire rosary

Take out your beads and spend a few minutes to pray a decade and think about a moment from Jesus's life. We might begin by praying just one decade of the rosary a day or during the month of May we could designate one day a week in school as the weekly 'Rosary day.'

2. Carry your rosary beads with you.

By having your rosary beads with you during the day is a prayer reminder. It makes you aware of God's presence and Mary's protection.

3. Quality over quantity, when praying.

Focus on the quality of each prayer – even if that means you sit with one intentionally prayed Hail Mary for a while.

4. Pray with the Mysteries of the Rosary.

Focus on Jesus and get to know him by prayerfully reflecting on His life and passion in the mysteries of the rosary.

Leading the Rosary – Diocese of Westminster Youth Ministry

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"When I find myself in times of trouble, Mother Mary comes to me, speaking words of wisdom, let it be. And in my hour of darkness, she is standing right in front of me, speaking words of wisdom, let it be." Paul Mc Cartney

Prayer to Mary - Mother of Jesus



Mary, I have always imagined you to be young with serene beauty, sun-kissed face that searched the heavens, with questions only answered deep within your heart.



With great love you carried your child, watching him grow underneath the moon of Israel and under Egypt's stars.



You took the splinters from his dusty hands, Turning wood on Joseph's bench And held him close when he spoke of things, You could only carry in your heart.



Did you know what lay ahead?
How he would heal the sick, raise the dead, find the lost and see the hungry fed?
Little children would be well again, the blind would see,
Lazarus would rise and the lame run free.



Did you know that your heart would break, when he was bound and beaten, hung upon a tree, for all the world to see?



The sin of humanity.

Did your heart almost burst when you heard the tomb was empty?

Did you run to see and cry again so many tears - Of Joy?



In Heaven, you do not age and you are forever young.

You are beautiful, because you love.

May we know that love in protection, in affection and direction.

Just as you watched over your own Son, watch over us.

Turn your gentle face towards us that we might listen to your Cana words,

"Do as He tells you."

May we walk one day when life is done through the fields of Paradise, forever young, enfolded in your mystery.

Mary, The Every Day Mystic

What is a mystic you ask? Have I ever met one? I hope that you have met very many in all walks of life but like me, it may have taken you time to recognise them so ordinary did they appear! Some theologians describe the mystic as a person who has an experiential knowledge of spiritual things as opposed to book knowledge, second hand knowledge or even Church knowledge. Mystics are people who have the capacity to perceive and engage with that Divine energy which permeates our world and our lives and allow it to flow through them. For far too long, we have tended to limit God's action to traditional church settings and compartmentalised our lives into secular and sacred. Everyday mystics like Mary, Mother of Jesus are those who remain open to the presence of God in every aspect of their lives. They also commit to living for God rather than solely for themselves. Their vision for life is larger, more expansive and they know that their lives will benefit others whom they may never meet. They can turn to God in their hearts at any moment, they can stop what they are doing long enough to see where they are, who is with them and how awesome the place is! The everyday mystics know that there is a loving presence surrounding them and always ready to help. Just as the Risen Jesus stood on the shore of lake Galilee beckoning to His disciples so He stands at the edges of your life and mine in every mundane moment waiting to help us. In this month of May, dedicated to Mary, what greater tribute could we bring her than to take a different moment of her life each day and reflect on it with the students? Whether it is the Visit to her cousin, or the Wedding at Cana, or the pilgrimage to the Temple with her family, or the Annunciation or trying to find Jesus through a crowd or standing at the Cross we can introduce, lead and encourage the students to imagine the scene and the very human setting in which it is placed.

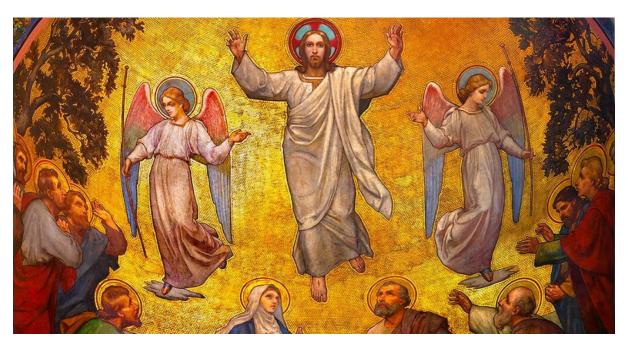
It might also be helpful to read Mary's Song of praise and thanks, the Magnificat, in which she praises God for the great things He has done in her and through her. Perhaps you can invite your students to name quietly in their own hearts, the great and wonderful things God has done for them and give Him thanks for these.

"A Mhuire Mhathair," is a beautiful song which can be taught to the students, the last verse asks her to be there for us, I rith mo shaol, throughout all of life.

May the love of God and the love of Mary permeate all our lives.



Ascension of The Lord - Sunday, 12 May



POPE FRANCIS ON THE ASCENSION OF OUR LORD JESUS CHRIST

"Why we are celebrating. Because with the Ascension, something new and beautiful happened: Jesus brought our humanity, our flesh, into heaven – this is the first time – that is, he brought it in God. That humanity that he had assumed on earth did not remain here. The risen Jesus was not a spirit, no. He had his human body, flesh and bones, everything. He will be there in God. We could say that from the day of the Ascension on, God himself "changed" – from that point on, he is not only spirit, but such is his love for us that he bears our own flesh in himself, our humanity! The place awaiting us is thus indicated; that is our destiny. Thus wrote an ancient Father in the faith: "What splendid news! He who became man for us [...] to make us his brothers, presents himself as man before the Father to bear with himself all those who are joined with him" (St. Gregory of Nyssa, Discourse on the Resurrection of Christ, 1). Today, we celebrate "heaven's conquest" – Jesus, who returns to the Father, but with our humanity. And so, heaven is already ours a little bit. Jesus has opened the door and his body is there."

The readings for The Ascension of the Lord, Year B, encourage us to being open to the Holy Spirit and willing to spread the Good News. The first reading, Acts 1:1-11 tells of Jesus' ascent into heaven and his promise to send the Holy Spirit. The second reading, Ephesians 1: 17-23 asks for the Holy Spirit to come to us so we can declare the kingship of Jesus Christ.

In the gospel, St. Mark 16:15-20, Jesus gives us the Great Message, to go and spread the "Good News." This message is a reminder of the invitation we have received and the responsibility to share our faith with others. It can be easy to keep our beliefs to ourselves or only share them with those who we are comfortable around, especially our closest friends. But Jesus' message calls us to go beyond our comfort zone and share the 'Good News' with everyone we encounter. In this Gospel

reading, we are reminded that there are many different ways to share our faith. We can share our faith through our daily actions, attitudes, and interactions with others. One way to do this is by simply telling our friends that we are going to Mass and that we do pray the Rosary. Steering our conversations in a positive direction when gossip arises can be a good way of sharing our faith.

The Gospel reading presents a challenge for us, to reflect on the people in our lives who may need to hear the message of salvation and to consider the best way to share that message with them. It encourages us to pray for the courage and the opportunity to share our faith with others, and to trust that God will provide us with the guidance and strength we need to carry out this mission. We are challenged to reflect on our own communication skills and to consider the best way to share our faith with those around us.

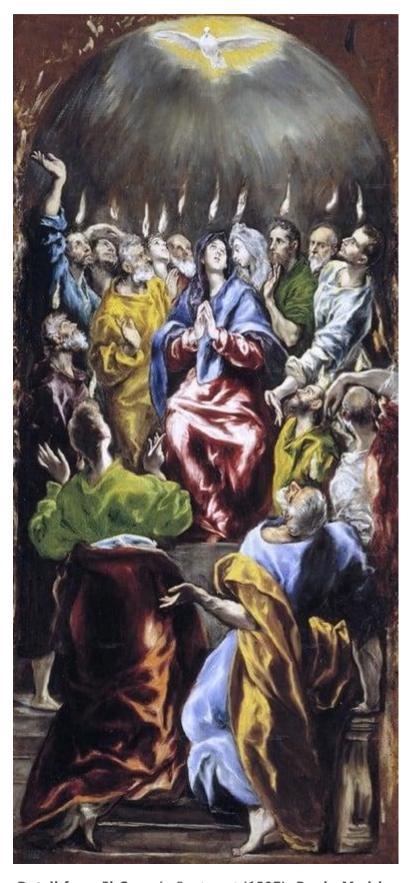
Group Reflection Questions for Spreading the Good News

In the Gospel reading for the feast of the Ascension, Jesus gives his disciples a final command before he ascends to heaven. He tells them to "go into all the world and preach the Gospel to all creation." (Mark 16:15).

- 1. Who are the messengers of Good News, God has sent into your life?
- 2. Are there people in your life who you feel comfortable sharing your faith with? Are there others who you find it more challenging to share your faith with? Why do you think this is the case?
- 3. How does the Gospel reading challenge you to think about sharing your faith with others?
- 4. What difficulties do you face when it comes to sharing your faith, and how can you overcome them?
- 5. What are some non-verbal ways that you can share the message of "Good News" with others?
- 6. What are some of the ways you can share your faith with those around you?
- 7. Are there specific actions or attitudes that you can adopt that will help you to share your faith?
- 8. What Gospel values do you experience in school / at home?
- 9. What gifts / talents are needed in our world?
- 10. What values would you like to promote?

"My dear young people, the world of today needs you, for it needs men and women who are filled with the Holy Spirit. It needs your courage and hopefulness, your faith and perseverance. The world of tomorrow will be built by you." Pope St. John Paul 11

Pentecost Sunday - May 19



Detail from El Greco's Pentecost (1597), Prado Madri

Pentecost is one of the most important feast days of the year, which concludes the Easter season and celebrates the beginning of the Church.

Pentecost is the celebration of the Holy Spirit coming upon the Apostles, Mary, and the first followers of Jesus, who were gathered together in the Upper Room.

A "strong, driving" wind filled the room where they were gathered, and tongues of fire came to rest on their heads, allowing them to speak in different languages so that they could understand each other. It was such a strange phenomenon that some people thought the Christians had taken too much to drink - but Peter pointed out that it was only the morning, and said the phenomenon was caused by the Holy Spirit.

The Holy Spirit also gave the apostles the other gifts and fruits necessary to fulfil the great commission - to go out and preach the Gospel to all nations.

It fulfils the New Testament promise from Christ (Luke 24:46-49) that the Apostles would be "clothed with power" before they would be sent out to spread the Gospel.

Pentecost Liturgy



https://cafod.org.uk/

This short liturgy for young people explores the theme of Pentecost in the context of the life of Odokh David from Uganda.

Pentecost Liturgy Notes

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Pentecost Liturgy Presentation

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COME, HOLY SPIRIT: Sometimes it can be hard to get our heads around the idea of the Holy Spirit, because the Holy Spirit is not physical or material but rather a Spirit. St. Thomas Aquinas said the best word to describe the Spirit was 'Love.' In sending the Holy Spirit, God has poured his love into our hearts.

On the feast of Pentecost, we celebrate and rejoice in the outpouring of the Holy Spirit upon the early believers. The event of Pentecost is made real and present to us through the power of the liturgy. Through the gift of the Holy Spirit, we are given new life, the fire of God's love.

God's love has been poured into our hearts through the Holy Spirit that has been given to us." Romans. 5:5

Let us fan the flame of God's love!

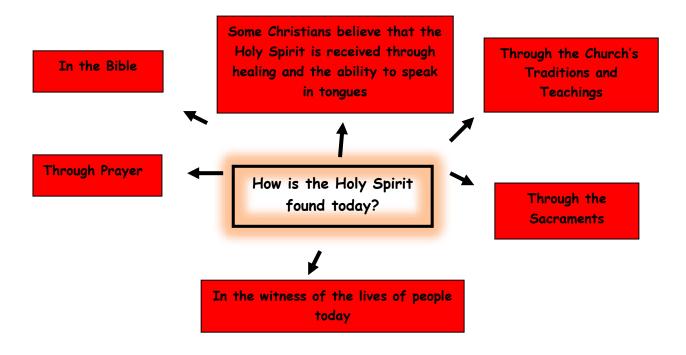
Allow Pentecost to speak to us.....

Value it....

Reflect on it....

Let us give witness to God's love in our lives!

The Holy Spirit today



We can picture Jesus, we can imagine him teaching and working miracles, but the Holy Spirit can seem much less tangible, yet the Holy Spirit is real. The Spirit is alive and active, drawing us to God. The Spirit gives us gifts to help us bear fruit in the world, the fruit that Jesus asked of his followers. The Holy Spirit helps us to follow Jesus and to be like him. He is, in the words of Jesus, "the spirit of truth." For us who seek to understand, to live by, the truths revealed by Jesus, the Holy Spirit is the essential guide and companion. If Jesus is the way to the Father, then the Holy Spirit is our guide along the way.





The readings for the Mass of Pentecost are from Acts 2:1-11, 1 Corinthians 12:3-7-12-13, John 20:19-23 and include the themes:

The Holy Spirit - The Fruits of the Spirit

Evangelization - Reconciliation

After his death, Jesus fulfilled his promise to send to his disciples a helper, an Advocate, who would enable them to be his witnesses throughout the world.

In the context of the feast of Pentecost, the Gospel from John 20:19-23, reminds us about the integral connection between the gifts of peace and forgiveness and the action of the Holy Spirit. Jesus greets his disciples with the gift of peace. Jesus then commissions his disciples to continue the work that he has begun: "As the Father has sent me, so I send you." He breathes the Holy Spirit upon the disciples and sends them to continue his work of reconciliation through the forgiveness of sins. This Gospel reminds us that the Church is called to be a reconciling presence in the world. The reconciling presence of Christ is celebrated in the Church's sacramental life. In the Sacrament of Baptism, we are cleansed of sin and become a new creation in Christ. In the Sacrament of Penance, the Church celebrates the mercy of God through the forgiveness of sins. This reconciling presence is also to be a way of life for us. In times of difficulty or situations of conflict, we are called to be agents of peace and harmony among people. The presence of the Holy Spirit that breathes life, health, love, peace, joy and wisdom is with us. Through the Spirit, God breathes life into us. He gives us the courage to speak his message to the world. He gives us strength to be prophets. He inspires us to comfort those in need of care. The Spirit is God's abiding presence with us, transforming fear into faith and selfishness into love.

The Fruits of the Holy Spirit

'The Holy Spirit in the Bible' John 3:8
'The Holy Spirit described as wind'
Galatians 5:22-23

'The Baptism of Jesus' Luke 3:21-22 'The different gifts of the Holy Spirit' 1 Corinthians 12:4-11

Reflection Questions

- 1. Can you think of a time when you felt the Holy Spirit in a very intense way?
- 2. How do you keep the memory of this experience alive within you?
- 3. Which of the fruits of the Holy Spirit do you particularly need today?

We Pray: Prayer Resources for Post-Primary Schools and Prayer Groups – Susan Morgan

- 4. Can you recall a time when you saw wisdom or understanding in yourself?
- 5. Can you remember a time when you showed right judgement or courage?
- 6. Was there a time when you grew in knowledge or reverence?
- 7. Have you experience times of wonder and awe in God's presence?

God's Spirit is a continual gift. It comes to us in the day to-day activities of our lives. But more and more there is a desperate need that we not only open ourselves to the workings of the Holy Spirit, but that we try to be more aware of his Presence and the possible effect it can have on our lives.

Prayer to the Holy Spirit

Holy Spirit, I want to do what is right. Help me.
Holy Spirit, I want to live like Jesus. Guide me.
I want to pray like Jesus. Teach me.

Amen

We Pray - Prayer Resources

School Prayer to the Holy Spirit



Lord God, we ask the Holy Spirit to descend upon our school community, just as he did in the Upper Room at Pentecost, and to remain with us, not only now and throughout the conclusion of this school year, but throughout our lives.

Please fill the hearts of the students in this school, so that they can spread Christ's Good News no matter where they find themselves, whether within this school or beyond.

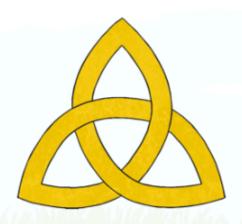
We ask this in the name of Jesus Christ, our Lord. Amen.

Welcome Holy Spirit (Lyrics)

https://www.bing.com/ck/a?!&&p=3a6d6203ed2631baJmltdHM9MTcxMzEzOTlwMCZpZ3VpZD0zYTUxODVjOS1mNTYxLTY5MjltM2E1ZC05 MTk0ZjQ4MTY4M2ImaW5zaWQ9NTYwMQ&ptn=3&ver=2&hsh=3&fclid=3a5185c9-f561-6922-3a5d-9194f481683b&u=a1L3ZpZGVvcy9yaXZlcnZpZXcvcmVsYXRIZHZpZGVvP3E9d2VsY29tZStob2x5K3NwaXJpdCtseXJpYyt2aWRlbyZtaWQ9NUY0 OEY2QTNEOTdFRTZFNzAwNDA1RjQ4RjZBM0Q5N0VFNkU3MDA0MCZGT1JNPVZJUkU&ntb=1

The Most Holy Trinity, Sunday, 26 May

The Holy Trinity



The Doctrine of the Holy Trinity:

There is one God, who is Father, Son and Holy Spirit.

The Trinity is often depicted as a Triangle, sometimes made of intertwined arcs. This is also a useful image. It is also related to the shamrock, which St. Patrick promoted as a way to think of the Trinity.

"The mystery of the Most Holy Trinity tells us that we do not have a solitary God up there in heaven, far away; no, He is the Father who gave us his Son, who became man like us, and who sends his own Spirit to be even closer to us." Pope Francis

Why do we Celebrate The Most Holy Trinity Sunday?

Most Trinity Sunday is a day to celebrate and give thanks to the Holy Trinity.

The doctrine of the Holy Trinity in Christianity is that there is One God who is the Father, the Son and the Holy Spirit.

We believe God is named the Father as he is the creator of all things and watches over us, guiding us and loving us unconditionally. The Son is Jesus Christ, who is the form God chose when He came to Earth. Even though Jesus Christ is known as the 'Son of God', according to the doctrine He is the incarnation of God. The Holy Spirit refers to the active force of God, His power and His love.

The readings for the **Mass of The Most Holy Trinity** are from Deuteronomy 4:32-34, 39-40, Romans 8:14-17 and Matthew 28:16-20.

The readings for Most Holy Trinity Sunday affirm us as we members of God's family and that God desires the whole world to be united into his relationship of love. The second reading tells us that we are truly God's children. In the gospel, Jesus tells his followers to baptise in the name of the Father and of the Son and of the Holy Spirit, and to teach all the commands he gave us.



In St. Matthew's Gospel, we are told that the disciples set out for Galilee where Jesus had arranged to meet them.

Jesus spoke to his disciples:

"All authority in heaven and on earth has been given to me."
'Go, therefore, make disciples of all nations...

Reflection Questions

- 1. How can you have a conversation with Jesus?
- 2. How do you encounter Jesus in your life?
- 3. Have you had an experience where you felt close to Jesus?

In our prayer life, gratitude especially helps us see how Jesus is with us. It is easy to get caught up in asking for Jesus to help us with our problems. But practicing gratitude can help us see that He is already doing that.

This week, spend some time in gratitude each day. Think of three things specific to that day which you are grateful for. It could be a good conversation with a friend. Perhaps you noticed the smell of flowers in the garden, or you saw a beautiful sunset. Maybe somebody did something nice for you. In any case, come up with three very specific things each day and thank God for them.

Writing your prayers of gratitude in a journal is also helpful. Then, when you are having a difficult day, you can go back and read about how you saw Jesus present in your life.

Sourced Young Catholics

Teaching Video About Trinity Sunday - What is the Trinity? Teen Life - Fr. John Parks Explains

https://youtu.be/EoFNxugeEOo

Trinity Sunday Symbols



The Holy Spirit is represented in Christianity through different symbols.

Doves When Jesus was baptised in the River Jordan, a dove appeared. The dove was a physical sign of God's presence. The dove also represents God bringing peace to mankind through Jesus and his sacrifice.

Fire When the disciples received the gift of the Holy Spirit, flames appeared on their heads as a sign they were filled with the transforming energy of the Holy Spirit. This energy would help them in the work ahead, teaching others about Jesus and encouraging more followers.

Wind When the Holy Spirit was sent to the disciples, it arrived with a great wind rushing through the room. The symbol of the wind also represents the breath of God breathing new life into the Church.

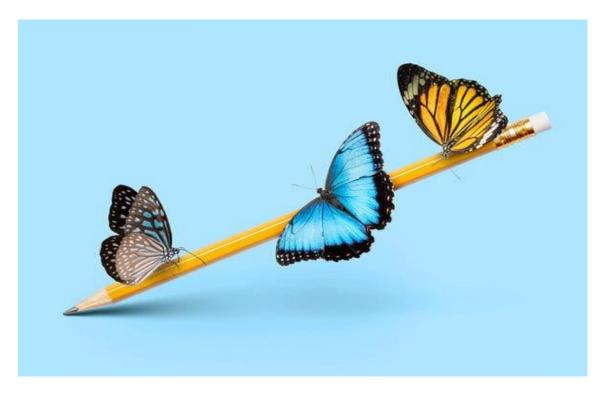
Water is used as a symbol of cleansing and as a source of power. Not only is it used for many practical purposes like washing and bathing. It's also very powerful when used in force. In the same way, it is believed by some Christians that water used in baptism represents the receiving of the Holy Spirit and that it has a life-giving quality.

Cloud A cloud combined with light is often used as a symbol of the Holy Spirit because clouds provide life-giving water and they represent God, who is hidden from sight but is always there.

Anointing Oil In the Bible, oil is used to anoint people, a bit like a blessing. It represents Jesus being given the Holy Spirit to perform certain actions in God's name, like healing people and doing good deeds. Oil is also a sign of the power of the Holy Spirit.

Celebrating the End of Year in Meaningful and Fun Filled Ways

Every school and every year group will have their own end of year traditions and their own way of celebrating end of year and moving on. Might I suggest that we consider helping our students to reflect on the highs and lows of the year in a deep way so that they learn to understand their own unique way of responding to different situations. I suggest that they reflect on what they learned not just academically, but as young adults, noting how they grew and changed and then to consider what it all means for them in the year ahead. In teaching them how to become more self-aware, we enable our students to become agents of their own learning, a skill that when acquired, will enrich them throughout their lives.



Each student will find a preferred way of reflecting so it is wise if possible to introduce them to a few different ways of getting in touch with their deeper selves.

Encourage the students to have a journal. Journaling can help them get deeper into their thoughts, expectations, wishes, and dreams, which usually stay below the surface.

Let them know that their journal is a private space to focus on reflections and note any responses that they make to any of the prompts or exercises that resonate with them.

Perhaps some of the following material which other teachers have shared will prove helpful to you and them. I hope so!

End of Year Reflection Questions provide an important space to celebrate achievements.

These reflection questions will help your students to reflect on the year and remember the moments and experiences that really stood out.

Your students can answer and present their reflections in a variety of ways, depending on their age and level and also on how much time you would like to spend on these.

It could be a simple discussion in pairs or group work. They could write, illustrate, type or make a power point presentation.



Reflect on the positives!

Enjoy the journey!

And more importantly,
enjoy the moments of
sharing!

- ➤ What do you want to remember about this school year? Why?
- What are the two best memories you have of this year?
- ➤ What is the nicest thing someone did for you this year?
- Who is the person who influenced you most this year?
- What have you learned about yourself this year?
- What surprised you?
- What are you most proud of this year?
- What challenged you? What successes are you most proud of?
- What did you learn, whether in or out of the classroom?
- ➤ What is the one thing that worked really well for you this year?
- > What is the most important thing you learned this year? Explain

When students are finished invite them to reread their work. Invite them to share with others in a group setting.

What would be helpful to share with others? What did they learn about themselves from doing this exercise?

In the same journal you could ask your students to do a More/Less list.

Invite each student to divide a page in two and entitle one half More and the other half Less.

Then ask each student to draw an image of things that they would like more of in their life next year. Do the same on the less half of the page. What would they like to cut back on in the year ahead? If a student wants less social media they simply draw a phone. These drawings should be realistic or well executed. They just have to be recognisable to your student. They are like secret symbols to remind the student to their intention.

They might then share their lists in small groups or display them gallery style on the classroom wall. This will allow students to get ideas of things they might choose to add to their own lists!

I hope that your students are learning that success is built on struggle and even on failure. All of us fail to meet our goals sometimes. (If a student is not failing occasionally then the goals they are setting themselves are too easy!) Failure is not a problem. What is a problem is not learning from mistakes. To help students do just that there are some questions which should help them:

- When did you leave your comfort zone this academic year? How did you stretch yourself? What happened when you did?
 - What did you struggle with or even fail at this year? What was hard about it?
 - What is the fear you had about this school year?
 - O How did you overcome that fear?
 - O What helped you when you struggled? What did you do to get yourself out of the pit of anxiety and confusion? What could you build on if you were to confront a challenge like this again?
 - O What do you want to do better at next year?
 - What are some of the goals you have for next year?



Gratitude

There is no doubt that a regular reflection on gratitude, in which each one consciously counts their blessings makes people healthier and happier. Ask your students to make a list of things they are grateful for this year. I hope it will be a long list!

Write a Gratitude Letter

Then consider taking this a step further by writing a gratitude letter. To whom would your students like to address their letter? Is there someone who made a real difference in their lives this year? Perhaps a teacher, a fellow student, a coach, a family member?

If they don't want to send a letter to someone else, it can be sent to themselves. What would you like to say to your future self?

What are the overlooked and unappreciated things in your school community that you might miss now that the year is almost over? A class or a sport? A particular food in the canteen?

No doubt you will have even better ideas than the above and they will prove fun and thought provoking as well as enriching for your students!

Exam Preparations

We give thanks for the year gone by, for the work done and for those who led us in doing it.

We pray for those preparing for the Junior and Leaving Cert in June and those doing house exams.

Lord, calm our fears at exam time.

Let the work we have done stand to us on the day.

Do not allow what remains undone to undermine our courage.

Help us to make the best of our knowledge.

Exams are only part of what is going on in our lives at the moment.

Bless our families and friends at this time too.

Guide us as we prepare further for exams and keep us from getting disheartened and over-worried.

Lead us in safety through the weeks ahead. We make this prayer through Christ Our lord. Amen.

Occasional Prayers f or the School Year - Gráinne Delaney



Finally, what are your plans for the summer holidays?

End of School Year Prayer

Dear God,

As we come to the end of this school year, we thank you for your faithfulness and provision. We thank you for guiding us through the challenges and obstacles we faced, and for helping us grow in knowledge and character. We thank you for the teachers and classmates who have supported and encouraged us along the way.

As we look back on the past year, we recognise our achievements and our failures. We pray that you would help us to learn from our mistakes and to continue to grow in wisdom and understanding. We pray that the lessons we have learned would stay with us and guide us in the future.

As we prepare to move on to the next phase of our academic or personal journey, we ask for your blessings and guidance. We pray that you would help us to discern your will and to follow your path, trusting in your provision and protection.

We ask for your blessings upon our teachers and classmates, as well. We pray that you would guide and direct them in the next steps of their lives and that they would continue to grow in knowledge and faith.

Finally, we offer our thanks and praise to you for all that you have done and all that you will do. May your love and grace be with us always. In your holy name we pray, Amen

7 End Of The School Year Prayers - Coffee With Starla

End of School Year Reflection for Staff June 2022 - YouTube

Diocese of Derry

Graduation Song of the Year – This World is Yours – by Julie Durden

https://www.bing.com/ck/a?!&&p=c9f830b3ded1a120JmltdHM9MTcwOTUxMDQwMCZpZ3VpZD0yZDRjNGE2ZS0yYjM4LTY0ZTltMWU3My01ZTVhMmFkMjY1NjImaW5zaWQ9NTQ5Mg&ptn=3&ver=2&hsh=3&fclid=2d4c4a6e-2b38-64e2-1e73-5e5a2ad26562&psq=Graduation+Masses+on+YOu+Tube&u=a1aHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1COHB3dW1laWx2TQ&ntb=1

To Conclude:

As we live in a busy world, it is easy to fall into the endless cycle of work. We all have family, community, household responsibilities and obligations. That is when we disconnect from our true selves, our relationships, and the world around us. When there is a lot going on in our lives, setting aside quiet time can help us get back to our roots and recognise what is important to us. We need time to relax and refresh ourselves after a demanding year. We need time to embrace silence so that we can be in touch with our inner being.

"In our Western Culture the need for silence and stillness is not acknowledged. Many even feel uncomfortable with silence, are even fearful of it, as John Main says in 'Word into Silence': "[Silence] is quite a challenge for people of our time, because most of us have very little experience of silence, and silence can be terribly threatening to people in the culture we live in." Try telling someone that you long for a period of total silence and solitude, and watch their expression of surprise and disbelief.

Wishing for solitude and silence is counter cultural. What is valued in our society are a gogetting attitude, achievement, excitement, sociability, change and activity. The result of this is that we are often over-stimulated and so used to frenetic activity that our basic characteristic becomes one of restlessness. We must not forget that restlessness seems to us to be a natural condition to be in anyway; it is in our genes: our ancestors were all members of migratory tribes. Although restlessness is a truly human problem, it is even more pronounced in the West. We are always on the go, always engaged in some project or other and more often than not multi-tasking. Especially those of us who live in big cities really seem to be a people constantly on the move: travelling to work, to entertainment, to friends. Our restlessness also extends to a need for variety and change even with respect to our jobs, the restaurants and bars we frequent and even the friends we have."

"The silence is there within us. What we have to do is to enter into it, to become silent, to become the silence. Silence is the language of the Spirit." (Word into Silence) John Main



Kim Nataraja - World Community for Christian Meditation – Excerpt

"Silence is the means by which God communicates to us the greatest depths of his love. Silence is the language of divine love. Some of the greatest moments of salvation history take place in silence; the moment of the Incarnation in Mary's womb, the birth of Christ, the moment of the Resurrection. Silence has the power to communication the intimacies and depts. of love in ways that words cannot. It is only through silence that our intellects can plumb the mysteries of God as deeply as is humanly possible. And only silence is fitting when we are confronted with the immediacy of God's loving presence. We think here of the prayer practices of Lectio Divina or of adoration, which show how silence is the means by which new insights into God's love and activity are made possible, when, free from the noisy clutter of modern life, we allow the "still small voice" of the Divine to speak to us." Fr. Shane O'Neill, St. Patrick's College, Maynooth



The need for silence and stillness is not always acknowledged. Many of us even feel uncomfortable with silence and are even fearful of it.

May we take time for Silence in our Lives.

"Silence is the greatest luxury in the world today"...

Precious Thoughts, Daily Readings from the correspondence of Thomas Merton



This Summer Day...

"Tell me, what is it you plan to do with your one wild and precious life?

The Summer Day - Mary Oliver

"Draw alongside the silence of stone Until its calmness can claim you. Be excessively gentle with yourself"

John O'Donohue



Thank you for all you are and do in our schools.

May the spiritual involvement and engagement which you have provided in your own school throughout the year be an influence on the students as they journey into the future.

I wish you all a good summer, peace, contentment and the joy you seek as you look forward to a well-deserved break.

Until we meet again, May God hold you in the palm of His hand.

Le gach dea ghuí

Sr. Bernadette and Sr. Concepta