

Education Secretariat



Post - Primary Diocesan Advisers Blog - March 2025

Dear Chaplain and R.E. Teacher,

As spring makes tentative inroads into our lives and consciousness once more, we find we are also beginning our Lenten journey, which will ultimately lead us to Calvary and Resurrection. Once again, we make choices as a school community and as individuals that we hope will open wide our hearts to God and all creation so that we may commit ourselves anew.

Pope Francis has called on all Catholics to enter a process in which we walk together and examine what the future of the Church could be. This involves listening to the voices of all who make up the Church not just those with whom we share a vision. The young people we encounter yearn for a listening ear, to have a forum to share ideas and projects, show the true face of the Church and to be acknowledged and welcomed. I have been reminded many times of Martha and Mary's hospitality to Jesus the traveller and it is evident in our schools and wider communities as we visit.

This Lent I ask you to reflect on the question...How can I help to spread the Good News of Jesus Christ in my work? Pope Francis has said that he wants the voices of the young in our Church to be heard. I hope that each encounter we have in school causes us to reflect on what it is like to walk in another's shoes and to open lines of communication. Please do not hesitate to contact us for support or just that listening ear.

Our Church is founded on the Gospel principles where Jesus healed, comforted, fed the hungry and walked with the poor and marginalised.

May we this Lenten Season be that listening ear and allow the message of Jesus to be visible in our daily conversations.

Le gach dea ghuí,

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Every Month we remember the Prayer Intentions of Our Holy Father Pope Francis. Today in a special way we remember him in our thoughts and prayers.



YEAR OF HOPE 2025

Lord, so often we feel discouraged, downhearted, broken.

In this Jubilee Year,

You invite us to embrace unwavering Hope.

Restoring Hope to our world is vital today.

Hope helps us find a pathway through life.

Hope is active.

It urges us towards a better future.

Hope challenges us.

It helps us to grow.

We are vulnerable human beings,

Yet, we move forward in hope.

Hope protects us, gives us comfort.

Hope believes that all will be well in the end.

Hope brings wellbeing.

It sets goals, gives strength and peace and lifts us up.

You call us Lord, to find Hope in You.

May Hope spread to all who are anxious.

May the way we live our lives, say to all we meet :

“Hope in the Lord, hold firm and take heart.

Hope in the Lord “.

Be near to all who call on You, O Lord.

Lord, you are the Light that dispels the darkness.

Lord, You are the Door that opens to new life.

Lord, You are the Hope that knows no end.

In the spirit of Hope, this Jubilee moment,

Offers a personal encounter with Jesus.

Hope lives in our hearts.

It is the desire and expectation of good things to come,

Despite not knowing what the future will bring.

There is an uncertainty about life.
We move from confident trust to apprehension,
From serenity to anxiety, hesitation to doubt.
This year, God calls us to strengthen our patient hope,
To learn to wait on the Lord.
Hope is grounded in Love.
May the Holy Spirit enlighten us.
Hope knows that nothing can separate us from God.
It enables us to press onward in life.
Let us be patient people.
Waiting in hope for God to act.

We thank you Lord for signs of Hope in our world:
The desire for peace, ceasefires and talks;
Enthusiasm for life and a readiness to share it;
Care for the environment;
Future Dreams and Aspirations:
Creativity and invention and medical research.

We are on a journey of Hope this Jubilee Year.
Called to care for our common home, live in communion,
Care for those who are poor,
Bring the light of Hope and the message of God's love to
the world.
We are pilgrims of Hope by our actions, our decisions, our
patient efforts to sow seeds of beauty and kindness.
We find Hope in Your unfailing Love.
We are secure in Your Love.
We lift up all who are struggling to find Hope.
May Your light shine in their lives and dispel the darkness.
Let us wait for the Lord.

Thank You for guiding us.
You hold time in Your hands,
You can see the beginning and the end,
Bringing a fresh canvas with each dawning day.
Light that redeems. Light that restores.
Light that heals. Light that protects.
Light that saves. Light of Hope.

AMEN

Become a ‘Pilgrim of Hope’ as requested by Pope Francis for this Jubilee Year 2025. This is the official pilgrimage in Dublin in our diocese for this Year of Hope. There is also a pilgrim site in St Kevin’s Church, Glendalough. Feel welcome to make the journey on your own or with a group of pilgrims.



‘Pockets of Hope’

Based on the message of Pope Francis for The Year of Jubilee 2025

Hope Does Not Disappoint

PH Cover 1 “Pockets of Hope”
 Quotes taken from Spes Non Confundit (Hope Does Not Disappoint) Bull of Indiction for the Ordinary Jubilee of 2025, 9th May, 2024, by Pope Francis.
 This project on Pockets of Hope is created by Fr. Alan Hilliard and designed by Mary-Koife Ong.



Pilgrimage of Hope A Journey with Pope Francis

- WHAT:** An invitation to journey on a mini Pilgrimage to contemplate the theme of Hope based on the words of Pope Francis’s document written for this Jubilee Year 2025 entitled “Hope Does Not Disappoint”.
- WHO:** For everyone seeking Hope.
- WHERE:** You’re invited to come to the City and journey through Dublin City’s four inner-city churches of St. Mary’s Pro Cathedral, Marlborough Street, Our Lady of Lourdes, Sean McDermott Street*, Immaculate Heart of Mary, City Quay** and St. Andrew’s Church, Westland Row.
- WHEN:** Throughout the Jubilee Year of Hope 2025 beginning on the 29th Dec 2024.
- WHY:** Why not?
- HOW:** Download our map and directions by scanning our QR Code or just go to St. Andrew’s Church, Westland Row and start there.



PH Cover 2 “Pockets of Hope” *2025 sees the 100th Anniversary of the death of Matt Fabbot whose shrine is in Sean McDermott St. Church. **City Quay Church is listed for refurbishment. When works start alternative arrangements will be made.

Jubilee Year – Prayer Resource

The Office of Mission & Ministry has prepared **PRAYER RESOURCE for the Jubilee Year**. In this you can find:

- Reflections on Christian Hope
- Words of Hope from Scripture
- Words of Hope from Pope Francis
- The Jubilee Prayer
- Reflections from the Saints
- A reflection for those preparing for Confirmation
- A Litany of Hope
- The Beatitudes of Pope Francis
- Music Suggestions for Worship
- Outline for a service of Reconciliation
- Example of a Jubilee Service
- Blessing Prayers
- Prayer to Mary
- The Building Hope Prayer
- A Christus Vivit Prayer

The Prayer Resource for the Jubilee Year can be found at <https://dublindiocese.ie/jubilee2025/>.

EMMANUEL 2025



Join us in the Helix on **Tuesday 11 March/Wednesday 12 March/Thursday 13 March at 8.00 p.m.** for Emmanuel 2025. Over 50 second level schools, 2,000 students (650 per day) from around the Diocese will present this year's programme in an engaging and energetic way with a live band of students and professionals. Auditions for soloists have been adjudicated, and budding singers are working hard at this time. Ian Callanan is once again the Music Director with Grainne Clinton as Event Co-Ordinator. Book now from the Helix 01 700 7000 or www.thehelix.ie Bring your family - your friends - your music group.

Blessed Carlo Acutis

Pope Francis has recognized a second miracle attributed to the intercession of Carlo Acutis, an Italian teenager who died in 2006, paving the way for him to be canonized by the Catholic Church. A gamer and computer programmer who loved the Eucharist, he will be the Church's first millennial saint.



Who is Blessed Carlo?

Carlo Acutis was born May 3, 1991, in London, where his father was working. Just a few months later, he moved with his parents, Andrea Acutis and Antonia Salzano, to Milan, Italy.

Carlo was diagnosed with leukemia as a teenager. Before his death in 2006, he offered his sufferings for Pope Benedict XVI and for the Church, saying: "I offer all of my suffering to the Lord for the pope and for the Church in order not to go to purgatory but to go straight to heaven."

From a young age, Carlo had a special love for God, even though his parents weren't especially devout. Antonia Salzano, his mom, said that before Carlo, she went to Mass only for her first Communion, her confirmation, and her wedding. But as a young child, Carlo loved to pray the rosary. After he made his first Communion, he went to Mass as often as possible at the parish across from his elementary school. Carlo's love for the Eucharist also **inspired a deep conversion for his mother.** According to the postulator promoting his cause for sainthood, he "managed to drag his relatives, his parents to Mass every day. It was not the other way around; it was not his parents bringing the little boy to Mass, but it was he who managed to get himself to Mass and to convince others to receive Communion daily." Salzano spoke to "EWTN News Nightly" in October 2023 about her son's devotion to the Blessed Sacrament. She said: "He used to say, 'There are queues in front of a concert, in front of a football match, but I don't see these queues in front of the Blessed Sacrament' ... So, for him the Eucharist was the centre of his life."

Carlo's witness of faith as a child led adults to convert and be baptized. Rajesh Mohur, who worked for the Acutis family as an au pair when Carlo was young, **converted from Hinduism to Catholicism** because of Carlo's witness. Carlo taught Mohur how to pray the rosary and told him about the real presence of Christ in the Eucharist. Mohur said that one of the things that most impressed him as a non-Christian was the witness of Carlo's love and concern for the poor — how he interacted with the homeless man who would sit at the entrance of the

church and would bring Tupperware dishes filled with food out to people living on the streets.

Carlo wasn't afraid to defend Church teaching, even in situations when his classmates disagreed with him. Many of Carlo's high school classmates remember Carlo giving a passionate defence for the protection of life from the moment of conception when there was a classroom discussion about abortion.

Carlo was a faithful friend. He was known for standing up for kids at school who got bullied, especially kids with disabilities. When a friend's parents were getting a divorce, Carlo made a special effort to include his friend in the Acutis' family life. With his friends, he spoke about the importance of going to Mass and confession, human dignity, and chastity.

Carlo was fascinated with computer coding and taught himself some of the basic coding languages, including C and C++. He used his computer skills and internet savvy to help his family put together an [exhibition on Eucharistic miracles](#) that has gone on to be displayed at thousands of parishes on five continents. His spiritual director has attested that Carlo was personally convinced that the scientific evidence from Eucharistic miracles would help people to realize that Jesus is really present in the Eucharist and come back to Mass.

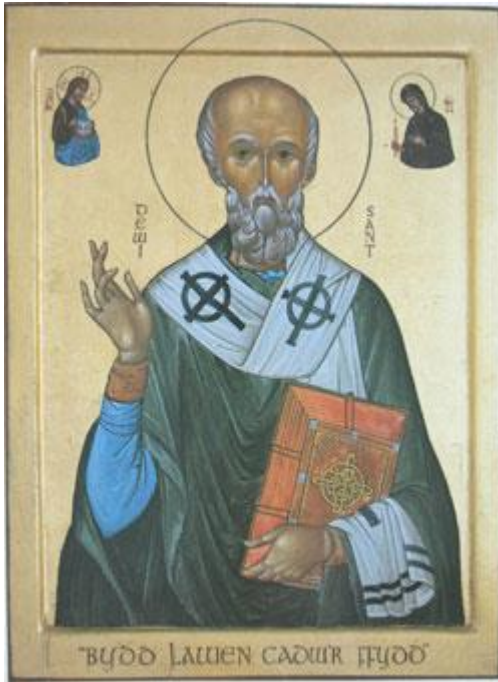
Carlo loved playing video games. His mother recalls that he liked Nintendo Game Boy and GameCube as well as PlayStation and Xbox. He had conversations with his gaming buddies about the importance of going to Mass and confession and limited his video game playing to no more than two hours per week. Carlo also liked Spider-Man and Pokémon.

Carlo died on Oct. 12, 2006, and was buried in Assisi. Initially, there were reports that Carlo's body was found to be incorrupt, but the [bishop of Assisi clarified before his beatification that his body was not incorrupt.](#) His body lies in repose in a glass tomb in Assisi where he can be seen in jeans and a pair of Nike sneakers. Thousands came to pray at his tomb at the time of [his beatification in October 2020.](#)

Pope Francis recognized a second miracle attributed to Carlo's intercession in a decree on May 23, 2024. [The miracle](#) involved the healing of a 21-year-old girl from Costa Rica named Valeria Valverde, who was near death after seriously injuring her head in a bicycle accident while studying in Florence in 2022.

The [first miracle](#) that led to his beatification involved the healing of a 3-year-old boy in Brazil in 2013 who had been diagnosed with a malformation of his pancreas since birth.

The Vatican has yet to announce a date for Carlo Acutis' canonization. The ceremony could take place as soon as this October or during the 2025 Jubilee Year, which includes a special jubilee for youth and a jubilee for teenagers.



March 1st

Feast of St David

According to tradition, St. David was the son of King Sant of South Wales and St. Non. He was ordained a priest and later studied under St. Paulinus. Later, he was involved in missionary work and founded several monasteries. The monastery he founded at Menevia in Southwestern Wales was noted for extreme asceticism. David and his monks drank neither wine nor beer - only water - while putting in a full day of heavy manual labour and intense study. Around the year 550, David attended a synod at Brevi in Cardiganshire. His

contributions at the synod are said to have been the major cause for his election as primate of the Cambrian Church. He was reportedly consecrated archbishop by the patriarch of Jerusalem while on a visit to the Holy Land. He also is said to have invoked a council that ended the last vestiges of Pelagianism. David died at his monastery in Menevia around the year 589, and his cult was approved in 1120 by Pope Callistus II. He is revered as the patron of Wales. Undoubtedly, St. David was endowed with substantial qualities of spiritual leadership. What is more, many monasteries flourished as a result of his leadership and good example. His staunch adherence to monastic piety bespeaks a fine example for modern Christians seeking order and form in their prayer life. His feast day is March 1.

ASH WEDNESDAY

MARCH 5TH



Ash Wednesday is a profound day in the Christian calendar. It signifies the beginning of Lent, a 40-day period of fasting, reflection, and penance leading up to Easter. The ashes used during the Ash Wednesday service symbolize repentance and mortality, reminding believers of the phrase, "Remember that you are dust, and to dust you shall return." The ashes are typically made from the burnt palms from the previous year's Palm Sunday.

The act of receiving ashes in the shape of a cross on the forehead is a public expression of faith and humility. It's a moment for believers to acknowledge their shortcomings and seek forgiveness as they prepare for the celebration of Christ's resurrection.

How do you personally observe Ash Wednesday?

Ash Wednesday marks the beginning of the Christian liturgical season of Lent. Its origins can be traced back to the early centuries of the Christian Church, though it was not formally established until later. The observance of Lent itself dates back to the 4th century, when the Church began to standardize the period leading up to Easter.

The practice of using ashes as a symbol of penance and mortality has ancient roots. In the Old Testament, ashes were used to express grief and repentance. For instance, in the Book of Jonah, the people of Nineveh put on sackcloth and sat in ashes to show their repentance. Similarly, in the Book of Esther, Mordecai dons sackcloth and ashes as a sign of mourning and supplication.

By the 10th century, the use of ashes had become a formalized part of the Christian liturgical calendar. It was Pope Gregory the Great who is credited with officially instituting Ash Wednesday as the first day of Lent in the Western Church. He also established the custom of marking the foreheads of the faithful with ashes in the shape of a cross, accompanied by the words, "Remember that you are dust, and to dust you shall return," based on Genesis 3:19.

The ashes used on Ash Wednesday are traditionally made by burning the palm fronds from the previous year's Palm Sunday celebrations. This connection to Palm Sunday serves as a poignant reminder of the fleeting nature of human life and the call to repentance.

During the medieval period, the observance of Ash Wednesday became more widespread and codified within the Christian tradition. The day was marked by fasting, abstinence, and the wearing of sackcloth as outward signs of inner contrition. The ritual of receiving ashes was also seen as a form of public penance and humility.

In contemporary Christianity, Ash Wednesday is observed by millions of believers worldwide, across various denominations, including Roman Catholic, Anglican, Lutheran, and Methodist churches. The themes of repentance, reflection, and preparation for the passion and resurrection of Jesus Christ remain central to the observance. While practices may vary, the core message of Ash Wednesday endures: a call to turn away from sin, renew one's faith, and embrace the transformative journey of Lent.



As Christians receive the ashes, they are reminded of their mortality and the need for God's mercy, setting the tone for the solemn and introspective season of Lent that follows.

ASH WEDNESDAY

From ashes rise new life begins.

Time to care for our hearts and souls is ushered in.

God calls "Come back to me with all your heart".

It is time to examine our inner life,

To pause, to reflect.

Look at your inner life, the life deep in your heart.

It is time to check in on

Our relationship with God, with others, with creation.

It is time to take a deeper look at the things

That impede our ability to love, to care,

To be compassionate, to be forgiving.

Lord, create in me a clean heart.

Instil within me Your love and peace.

Allow God into your life.

See yourself in a different light.

In God's light see your inner beauty,

See your inner goodness.

Return to right relationship with God.

Many voices crowd our hearts.

Listen to the truth, the authentic.

Keep peace with your soul.

Sit in the light and make God the centre.

Tap into the wellspring of God's mercy and
compassion.



What is the overall significance of the Season of Lent for Christians?

The season of Lent holds profound significance for Christians as it represents a time of spiritual reflection, penance, and preparation leading up to the celebration of Easter. Here are some key aspects of its importance:

1. **Reflection and Repentance:** Lent is a period for Christians to reflect on their lives, acknowledge their sins, and seek forgiveness. It's a time for introspection and spiritual growth, focusing on improving one's relationship with God.
2. **Fasting and Sacrifice:** Traditionally, Lent involves fasting and giving up certain luxuries or habits. This practice is meant to remind Christians of Jesus' 40-day fast in the wilderness and to encourage self-discipline and sacrifice. It serves to purify the spirit and draw closer to God.
3. **Prayer and Devotion:** Lent is also a time for increased prayer and devotion. Christians often participate in special church services, prayer meetings, and other religious activities. This helps to deepen their faith and strengthen their connection with God.
4. **Almsgiving and Charity:** Almsgiving, or giving to those in need, is another important aspect of Lent. It reflects Jesus' teachings on compassion and helping others. Christians are encouraged to practice acts of charity and kindness, demonstrating their commitment to living out their faith.
5. **Preparation for Easter:** The culmination of Lent is the celebration of Easter, the most significant event in the Christian calendar, marking the resurrection of Jesus Christ. Lent serves as a time of preparation for this joyous occasion, allowing believers to fully appreciate the significance of Christ's sacrifice and resurrection.

Overall, Lent is a time for Christians to renew their faith, grow spiritually, and align their lives more closely with the teachings of Jesus. It's a journey of reflection, repentance, and renewal that prepares them for the celebration of Easter and the transformative power of Christ's resurrection.

Christians observe various practices during Lent to deepen their spiritual lives and prepare for Easter. Here are some common Lenten practices:

1. **Fasting:** Many Christians choose to fast or give up certain foods or habits during Lent. This can include abstaining from meat on certain days, giving up sweets, or forgoing other forms of indulgence as a form of self-discipline and penance.
2. **Prayer:** Increased prayer and devotion are central to Lent. Christians may attend additional church services, participate in prayer groups, or spend more

time in personal prayer and meditation to strengthen their relationship with God.

3. **Almsgiving:** Acts of charity and giving to those in need are emphasized during Lent. This can involve donating money, volunteering time, or performing acts of kindness to help others and live out the teachings of Jesus.
4. **Confession:** Many Christians use Lent as a time to seek forgiveness for their sins through the sacrament of confession or reconciliation. This practice allows them to reflect on their actions, seek God's mercy, and make amends.
5. **Reading Scripture:** Engaging with the Bible is another common Lenten practice. Christians may follow a daily reading plan, participate in Bible studies, or read devotional materials to deepen their understanding of their faith.
6. **Stations of the Cross:** Some Christians participate in the Stations of the Cross, a series of prayers and meditations that reflect on the events leading up to Jesus' crucifixion. This practice helps believers contemplate the suffering and sacrifice of Christ.
7. **Lenten Retreats:** Attending retreats or spiritual workshops can provide a focused time for reflection, prayer, and renewal. These retreats often offer guidance and support for individuals seeking to grow in their faith during Lent.
8. **Personal Sacrifices:** Besides fasting, many Christians choose to make personal sacrifices or commitments during Lent. This can include giving up a bad habit, taking on a new spiritual discipline, or making a positive change in their lives.

These practices help Christians observe Lent as a time of spiritual growth, self-discipline, and preparation for the celebration of Easter, which commemorates the resurrection of Jesus Christ.

FIRST SUNDAY OF LENT

These Lenten days guide our spiritual paths.

In the stillness we seek light, peace and love.

In humble acts of sacrifice we seek Lent's gifts.

Drawing God near we seek spiritual nourishment.

Over a forty day journey we nourish our souls.

When I feel abandoned in desert places,

I place my trust in God.

Take time to listen to God's Word;

Take time to ponder and to wonder;
To allow fresh new seeds of life
To enter deep in your heart.
Give us the faith to take up our cross,
With courage, hope and expectation.
Infuse in us Your Divine Wisdom.
These are days of challenge, of sacrifice, of love.
O God of Love, bring us back to You.
Open our hearts and nourish us.
Let us fast from hurting words, from ingratitude,
From pessimism, from worries,
From selfishness, from violence.
Reawaken the joy of my faith.
Call me to hope.
Give me grace to rise above my own needs.
Help me to rethink my relationships
With family, neighbours and with creation.
God accompanies you on this precious journey.
Reconnect with God.
God is calling you to be who you were meant to be.

Resources



SDFL 2025 - My
Lenten Pause.pdf



Jesus where can I see
you face - A lenten ref



Kimmino Poster -
19th March Lenten Re



Feb 2025 Mission
and Ministry Ezine Fel

**My Lenten Pause
your own**

**2025
Spirituality**

A Lenten Reflection

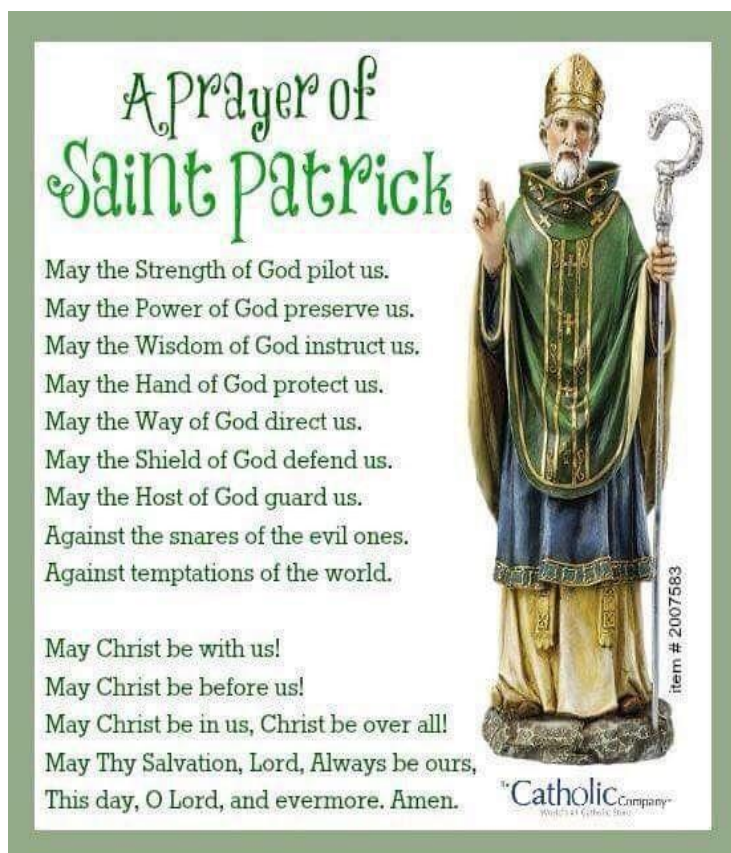
for Young People

Afternoon Retreat for

Chaplains and Staff

Nurture

Feast of St Patrick March 17th



The Life of St. Patrick: A Journey of Faith and Legacy

St. Patrick, the patron saint of Ireland, is a figure whose life and legacy continue to resonate with teenagers across our country today. Born in Roman Britain in the late 4th century, Patrick's early life was marked by hardship. At the age of sixteen, he was captured by Irish pirates and taken to Ireland as a slave. This experience, while traumatic,

became a pivotal moment in his life, shaping his future and his faith.

After six years of captivity, Patrick escaped and returned to his family. However, he felt a calling to return to Ireland, not as a captive, but as a missionary. He believed that he could help the Irish people understand Christianity and its teachings. This decision was not without its challenges; Patrick faced opposition and hostility from local chieftains and druids. Yet, his determination and faith drove him to spread the message of Christianity throughout the country.

One of the most famous legends associated with St. Patrick is his use of the shamrock to explain the Holy Trinity. By illustrating how one plant could have three leaves, he made complex theological concepts accessible to the Irish people. This simple yet powerful teaching method is a testament to his ability to connect with others, a quality that teenagers today can admire and emulate.

St. Patrick's influence extended beyond religious teachings. He is credited with helping to unify Ireland, fostering a sense of national identity that resonates with young people today. His story is not just about faith; it is about resilience, courage, and the power of belief. In a world where challenges and uncertainties abound, Patrick's journey serves as an inspiration for teenagers navigating their own paths.

Today, St. Patrick's Day is celebrated with parades, music, and cultural festivities, but it is also a time for prayerful reflection on his contributions to Irish society. For teenagers in Ireland, understanding St. Patrick's life is an opportunity to connect with their heritage and appreciate the values of perseverance and compassion he embodied.

The life of St. Patrick is a rich tapestry of adventure, faith, and cultural significance. His legacy encourages young people to embrace their identity, stand firm in their beliefs, and strive to make a positive impact in their communities. As they celebrate his life, teenagers in Ireland can draw inspiration from his story, reminding them that they too can overcome obstacles and contribute to a brighter future.

<https://www.bing.com/videos/riverview/relatedvideo?&q=Why+Do+We+Celebrate+St.+Patrick+Day+National+Geographic&&mid=A71078643F62ABEB02A7A71078643F62ABEB02A7&&FORM=VRDGAR>

March 19th Feast of St Joseph

Life of St Joseph

As we approach the Feast of St. Joseph on March 19th, I want to take a moment to reflect on the life and significance of this remarkable figure in Christianity. St. Joseph, the earthly father of Jesus and the husband of Mary, is often seen as a quiet, humble man, yet his role in the Holy Family and in the broader context of our faith is profound and worthy of our admiration.



St. Joseph is known for his unwavering faith and obedience to God. When he learned that Mary was pregnant, he faced a difficult decision. Society would have judged him harshly, but instead of acting out of fear or anger, he chose to listen to the angel who appeared to him in a dream. This act of faith is a powerful lesson for all of us. In a world filled with noise and distractions, it is essential to take a step back and listen to our inner voice, to seek guidance from God, and to trust in His plan for our lives.

One of the most significant aspects of St. Joseph's character is his dedication to his family. He worked tirelessly as a carpenter to provide for Mary and Jesus,

demonstrating the importance of hard work and responsibility. In today's fast-paced world, where instant gratification is often the norm, St. Joseph reminds us of the value of perseverance and commitment. He teaches us that true strength lies not in power or wealth, but in the love and care we show to those we hold dear.

Moreover, St. Joseph is a model of humility. He did not seek recognition or glory for his role in the divine plan. Instead, he embraced his responsibilities with grace and dignity. This humility is a quality that is often overlooked in our society, where self-promotion and fame are celebrated. You have the opportunity to cultivate humility in your lives. By focusing on serving others and putting their needs before your own, you can make a significant impact in your communities and beyond.

St. Joseph is also the patron saint of workers and families. His example encourages us to value our work and to see it as a means of serving God and others. Whether you are studying, volunteering, or working part-time, remember that your efforts contribute to the greater good. Embrace your responsibilities with a sense of purpose, knowing that you are following in the footsteps of a great man who dedicated his life to his family and his faith.

As we celebrate the Feast of St. Joseph, I encourage you to reflect on his life and the lessons he imparts. Consider how you can embody his virtues in your own life. How can you show faith in challenging situations? In what ways can you serve your family and community with love and dedication? How can you practice humility in a world that often values self-promotion?

St. Joseph's life is a testament to the power of faith, love, and humility. As you navigate the challenges of adolescence, let his example inspire you to become the best version of yourselves. Embrace your journey with courage and conviction,

knowing that you are never alone. St. Joseph is a guiding light, reminding us all of the importance of family, work, and faith in our lives.



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March 21st Feast of St Enda

St. Enda of Aran, also known as Éanna or Éinne, is a significant figure in the history of the Catholic Church, particularly in Ireland. Born in the fifth century, Enda was originally a warrior-king of Oriel in Ulster. His life took a dramatic turn due to the influence of his sister, St. Fanchea, who was an abbess



Enda's transformation began when he sought to marry one of the young women in his sister's convent. Fanchea, however, used this opportunity to convert him from his violent ways. She showed him the corpse of the woman he wished to marry, reminding him of the inevitability of death and judgment. This encounter deeply affected Enda, leading him to abandon his warrior lifestyle and embrace monasticism

After spending several years as a monk and being ordained as a priest, Enda returned to Ireland. He sought land from King Aengus of Munster, who was married to another of Enda's sisters, to establish a monastic settlement. He was granted land on the Aran Islands, near Galway Bay. This location, known for its austere beauty, became the site of Enda's monastic community

Enda's monastic settlement on the Aran Islands, particularly on Inis Mór, is considered one of the first in Ireland. His community grew rapidly, attracting around 150 monks in its early years. As the number of monks increased, Enda divided the land among his disciples, who established their own monasteries. This network of monastic communities became known as "Aran of the Saints" due to its strict rule of life and the monks' passionate devotion to God

The monks of Aran lived a life of asceticism and simplicity, like the early Egyptian desert hermits. They resided in stone cells, slept on the ground, ate in silence, and sustained themselves through farming and fishing. Enda's monastic rule emphasized prayer and the study of scripture, setting a precedent for future monastic practices in Ireland. St. Enda's influence extended beyond his lifetime. His monastic settlement became a significant pilgrimage destination and a centre for evangelization. Many canonized saints had connections to "Aran of the Saints," highlighting the lasting impact of Enda's work. He passed away around the year 530, leaving behind a legacy that would shape Irish monasticism for centuries



St. Enda is honoured in the Catholic Church on March 21, just days after the feast of St. Patrick, Ireland's patron saint. His life and work are celebrated for their foundational role in the development of Irish monasticism and their enduring spiritual influence

FIRST SUNDAY OF LENT

These Lenten days guide our spiritual paths.
In the stillness we seek light, peace and love.
In humble acts of sacrifice we seek Lent's gifts.
Drawing God near we seek spiritual nourishment.
Over a forty day journey we nourish our souls.

When I feel abandoned in desert places,
I place my trust in God.

Take time to listen to God's Word;
Take time to ponder and to wonder;
To allow fresh new seeds of life
To enter deep in your heart.

Give us the faith to take up our cross,
With courage, hope and expectation.

Infuse in us Your Divine Wisdom.

These are days of challenge, of sacrifice, of love.

O God of Love, bring us back to You.

Open our hearts and nourish us.

Let us fast from hurting words, from ingratitude,
From pessimism, from worries,
From selfishness, from violence.

Reawaken the joy of my faith.

Call me to hope.

Give me grace to rise above my own needs.

Help me to rethink my relationships

With family, neighbours and with creation.

God accompanies you on this precious journey.

Reconnect with God.

God is calling you to be who you were meant to be.



CATHOLIC EDUCATION PARTNERSHIP

Living Love
(Junior Cycle RSE resource):

Living Love

<https://catholiceducation.ie/rse-post-primary/>

To complement the above guidance, the following Relationship and Sexuality Education resources have been developed by the Council for Education of the Irish Episcopal Conference for use in Catholic post-primary schools in Ireland. The resources are published as a final draft to be used in a number of schools as part of a pilot process to inform their final development. However, all schools are encouraged to engage with the resource. Feedback from schools not included in the pilot process is most welcome and should be addressed to the school's trust or patron.

These resources have been developed in harmony with the NCCA's draft SPHE (incorporating RSE) junior-cycle short-course curriculum specification. The resource will be reviewed once the final specification is approved by the Minister for Education (ROI). The resources are also in harmony with the curricular requirements in place in Northern Ireland.

As the resources is approved for use in both jurisdictions within Ireland, the Years are referred to as A, B, and C.

Introductory Material:

[Introduction to Lessons](#)

[Start here – explaining the Christian foundation](#)

[The Virtues: Life skills for a loving life](#)

Year A resources:

[Year A. Lesson 1. Who am I?](#)

[Year A. Lesson 2. What do I want in life?](#)

[Year A. Lesson 3. Love people, use things](#)

[Year A. Lesson 4. The language of the body](#)

[Year A. Lesson 5. Puberty](#)

[Year A. Lesson 6. Friendship](#)

[Year A. Lesson 7. Building relationships](#)

[Year A. Lesson 8. What is love?](#)

[Year A. Lesson 9. Feelings of attraction](#)

[Year A. Lesson 10. Making decisions](#)

[Year A. Lesson 11. Good choices, bad choices](#)

[Year A. Lesson 12. Brain Development](#)

[Year A. Lesson 13. Peer Pressure](#)

Year B resources:

[Year B. Lesson 1. The truth about me](#)

[Year B. Lesson 2. Stereotypes](#)

[Year B. Lesson 3. Searching for happiness](#)

[Year B. Lesson 4. Body Image](#)

[Year B. Lesson 5. Dignity and respect](#)

[Year B. Lesson 6. Growing in Friendship](#)

[Year B. Lesson 7. Building good relationships](#)

[Year B. Lesson 8. Sexual Attraction](#)

[Year B. Lesson 9. Love and intimacy](#)

[Year B. Lesson 10. Growing in Responsibility](#)

[Year B. Lesson 11. Consent](#)

[Year B. Lesson 12. Taking care of my body](#)

[Year B. Lesson 13. Alcohol Awareness](#)

[Year B. Lesson 14. Women's safety](#)

Year C resources:

[Year C Lesson 1. The real me](#)

[Year C Lesson 2. Following a moral compass](#)

[Year C Lesson 3. Free to love](#)

[Year C Lesson 4. My body and my identity](#)

[Year C Lesson 5. Friendship](#)

[Year C Lesson 6. Romantic love](#)

[Year C Lesson 7. Dating with integrity](#)

[Year C Lesson 8. Sex and Marriage](#)

[Year C Lesson 9. Decision making](#)

[Year C Lesson 10. Alcohol and Drugs](#)

[Year C Lesson 11. Consent Pt2](#)

[Year C Lesson 12. STI Awareness](#)

[Year C Lesson 13. The Gift of Fertility](#)

NEW RISE UP from September to address the RSE components of Senior Cycle SPHE



KEY POINTS

rise^{↑ up} will:

- Be available for **free online** to download
- Comprise of engaging **PowerPoints**, rich with embedded **videos**
- Include three modules: **Identity; Relationships; Responsibilities**
- Account for approximately **25 hours of SPHE** teaching time



KEY POINTS

rise^{↑ up} is a new RSE resource commissioned by CEP to:

- Address the **RSE component** from the **NCCA's** new Senior Cycle **SPHE Curriculum Specification**
- Communicate a **wholesome and beautiful** vision for **love, relationships and sex** in a relatable, attractive and interactive manner, while presenting all the **factual information** the students need to navigate life in today's secular world
- Uphold the **ethos of Catholic schools**



KEY PRINCIPLES

- Respectful to all
- Relatable
- Encourages critical thinking
- Empowering
- Engaging
- Emphasis on personal responsibility and decision making
- Catholic teaching presented in attractive, non-judgmental way
- Comprehensive, fact-based
- Relevant video content
- Easy for teachers to use
- Promotes class discussion
- Age-appropriate design
- Incorporating student voice through student survey



KEY METHODOLOGIES

- Reflective Questions
- Class Discussions
- Journaling
- Think, Pair, Share
- Group Work
- Pause & Reflect

Videos:

1. experts speaking about key topics such as self esteem, social media, pornography, family relationships, the law on consent, sex trafficking
2. young people sharing their stories about overcoming adversity, dealing with drugs and alcohol, friendships, love, dating and marriage



TIMELINE

rise^{↑ up}

- Available for school piloting from **Spring 2025**
- **September 2025: available for all Catholic schools** to cover RSE component of Senior Cycle SPHE
- **Training** available for teachers from **September 2025** (details to follow)



STRUCTURE OF RESOURCE

1: Identity

1. Human dignity
2. Valuing myself
3. Resilience & overcoming adversity
4. Gender identity
5. Gender dysphoria
6. Pornography
7. Keeping safe online

2: Relationships

1. Strong relationships
2. Dating & romantic love
3. Unhealthy relationships
4. Sexual attraction & sex
5. Marriage and family

3: Responsibilities

1. Decision making
2. Alcohol and drug awareness
3. Consent
4. Understanding fertility
5. Proactive health
6. Sex trafficking

Website: www.catholiceducation.ie

Pope Francis on Tuesday Feb 11th added the **Sept. 5 feast of St. Teresa of Calcutta** to the Catholic Church's liturgical calendar as an optional memorial.

The decree issued Feb. 11 by the Vatican noted the influence of St. Teresa's spirituality around the world and said her name "continues to shine out as a source of hope for many men and women who seek consolation amid tribulations of body and spirit."



The General Roman Calendar is the liturgical calendar of the Catholic Church, which denotes the dates of holy days and the feast days of saints commemorated annually.

The Sept. 5 memorial of St. Teresa of Calcutta will now appear in the Church's calendars and liturgical texts with specific prayers and readings to be used at Mass and the Liturgy of the Hours.

March 8th International Women's Day

For ALL women and girls: Rights. Equality. Empowerment



On 8 March 2025, join us to celebrate International Women's Day under the theme, "For ALL women and girls: Rights. Equality. Empowerment."

This year's theme calls for action that can unlock equal rights, power and opportunities for all and a feminist future where no one is left behind. Central to this vision is empowering the next generation—youth, particularly young women and adolescent girls—as catalysts for lasting change.

Besides, the year 2025 is a pivotal moment as it marks the 30th anniversary of the [Beijing Declaration and Platform for Action](#). This document is the most progressive and widely endorsed blueprint for women's and girls' rights worldwide that transformed the women's rights agenda in terms of legal protection, access to services, youth engagement, and change in social norms, stereotypes and ideas stuck in the past.

Engage media, corporate leaders, governments, community leaders, civil society and youth, and others with influence to take action in your communities. Ask leaders to take action and invest in promoting women's rights and gender equality.

SECOND SUNDAY OF LENT

As we move through the Season of Lent,
We accompany Jesus in His desert journey.
It is a blessing to see the snowdrops and daffodils
Breaking through the earth –
A promise lies within our Lenten journey,
A voice of hope that calls us out of darkness,
To lead us to the bright promise of the Resurrection.
God renews us through the winter of our lives.
He pours His love into our hearts,
Like Spring rains falling gently.
He forgives our faults and remembers our sin no more.
Our Lenten renewal plants us like a seed,
Where the living water of God's love
Refreshes, reforms and transforms us.
In these Lenten days, we call out to our gracious God.
Heal our broken world.
Sacrifice us for the sake of the poor and hungry.
Empower us to care for the emigrant, the lost, the sick and the dying.
Every action and every breath we take can be a prayer,
A love – song sung with every fibre of our being.
Together with the Body of Christ
We become a symphony of the Spirit,
Lifting up our prayer to God.
God calls everyone to be connected by
The breath of love, of peace and of compassion.
God calls everyone to be part of a communion of life.
Help us to offer our time, our gifts and talents
To help bring about one world in God.

March 22nd World Water Day

Protecting frozen water resources for the future

The theme of World Water Day 2025 is 'Glacier Preservation'.

Glaciers are critical to life – their meltwater is essential for drinking water, agriculture, industry, clean energy production and healthy ecosystems. Rapidly melting glaciers are causing uncertainty to water flows, with profound impacts on people and the planet. Global reductions in carbon emissions and local strategies to adapt to shrinking glaciers are essential. This World Water Day, we must work together to put glacier preservation at the core of our plans to tackle climate change and the global water crisis.



THIRD SUNDAY OF LENT

God is faithful to us,
He loves us, watches over us and cares for us.
We are partners with Him.
We break our promise to Him,
When we refuse to love our brothers and sisters.
We can show compassion for the poor, the oppressed,
The suffering and those in pain.
We can fast from selfishness and greed;
From fear, from self – doubt;
From complacency, from apathy;
From blaming others, from self – absorption,
From old grudges, from judging, from criticism.
Forgive us Lord for being deaf to the cries of the poor,
Blind to the voice of the homeless,
Indifferent to the voice of the migrant.
Help us to become the voice and advocate of those who suffer.
To establish justice for all who are oppressed;
To open the eyes of those who are blind
To goodness and generosity.
To free prisoners of greed and fear;
To make God's Spirit of love and peace
Felt everywhere.
God gives us strength to face our problems.
With God we can see beauty and goodness
Wherever we look.
With God we find unconditional love,
That helps us to let go of fear and live in joy.

This Lent Fight Inequality, Fight Racism

Racism, xenophobia and related discrimination and intolerance exist in all societies, everywhere. Racism harms not just the lives of those who endure it, but also society as a whole. We all lose in a society characterized by discrimination, division, distrust, intolerance, and hate. The fight against racism is everyone's fight. We all have a part to play in building a world beyond racism.



THE FOURTH SUNDAY OF LENT

The struggles of life are given meaning
On our journey to the Cross.
Open our minds and hearts
To the still small voice of God.
He calls us out as a gentle Father,
Longing for us to return to Him.
We reach out with the message of hope
That the Cross of Christ brings.
God desires the surrender of our hearts,
The offering of our lives.
All our prayer, all our fasting, all our
good deeds,
Become a sacrifice to Him.
God sets our feet on a new path.
His words are spirit and life.
He is our Way, our Truth and our Life.
He is the cause of our joy.
Jesus met His cross,
With perfect peace, with unwavering love
With unspeakable joy.
By His cross we are healed.
In this great revelation of His love,
We can live in hope.
Like awakening from a dream,
This hope reveals the
Wonder of the life that is possible
in God's Kingdom.



EMBER FAITH DEVELOPMENT PROGRAMME FOR SCHOOLS.

A very successful gathering of Ember Teams took place on January 16th in St Patrick's College DCU. We are indebted to the Chaplaincy Team who supported us on the Day, and we look forward to returning for our Graduation Mass with Archbishop Farrell in May. Follow their journey on Instagram at [archdiocese_ember](#).



Congratulations to the Students from Rockbrook Park School and Templeogue College who received their Bronze and Gold Awards Sunday 23rd February in St Colmcille's Parish. The event was hosted by the Parish Pastoral Council and the students, and their families were invited to a reception in the Iona Centre following the presentations.



The Way of St. James:

<https://nuafilms.com/register-for-all>

(Registration is free, and all resources can be downloaded once you sign up.)

Trócaire's Post Primary Development Education programme offers an active and creative educational process to increase awareness and understanding of the world young people live in.

It challenges perceptions and stereotypes by encouraging optimism, participation and action for a just world. We offer interactive workshop sessions exploring development education for the following:

- Post Primary School Students
- CPD for Post Primary Teachers / Educators
- Post Primary Education students (BEd, PME, PGCE) in ITs, Universities and Colleges.

We also deliver two programmes at post primary level; a documentary film making programme called The Right Focus and a games-based learning programme called Game Changers. You can find out more about these programmes by following the tabs above.

You can find our digital game Madzi: Water Justice in Malawi [here](#). You can find an accompanying guide for the digital game at the resources tab above.

You can find all of our resources exploring global justice issues [here](#). This includes our latest resource on [Climate Justice](#)

[Post Primary - Trócaire](#)

Dublin Diocesan Pilgrimage to Knock Saturday, April 26, 2025

11AM Tea and coffee as pilgrims arrive

12 NOON Workshops on the **Jubilee of Hope 2025** and the **Canonisation of Blessed Carlo Acutis**;

Outdoor Stations of the Cross;

Tour of the Knock Museum;

Prayerful preparation for the Sacrament of Reconciliation

3PM Pilgrimage Mass celebrated by **Archbishop Farrell** with the Sacrament of the Sick.

For more information, email knockpilgrimage@dublindiocese.ie

As we experience Spring trying to take hold of our weather and as we begin our Lenten journey together:

'May the example of Jesus, Mary and Joseph continue to guide and influence us in all our endeavours on our Journey of Hope this Jubilee Year.

