

KINDNESS: WIDENING THE CIRCLE OF LOVE

Last year the FCJ sisters held a General Chapter, a time to look at what we are doing individually and as a group, and making plans for the future. The fruit was a Chapter document called: 'Widening the circle of love'.

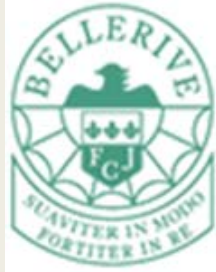
"We continue to widen our circle of love to embrace all people, especially those who experience exclusion, exploitation, and injustice. In particular, we offer our compassionate action to: Migrants, refugees and asylum seekers, trafficked persons, the economically disadvantaged, vulnerable women and children.

We will do this by: becoming aware and raising awareness of the complexity at the root of these issues, collaborating and networking, doing what each of us can, where we are, continuing to use our financial resources and influence to alleviate the plight of suffering people and to effect change.

Aware of the gift of the 'other', we commit to sustain and enhance life in our common home".

FCJ schools are important partners in this, so we are all called to look beyond ourselves and strive to be kind and just!

This week's prayers are prepared by Upton Hall FCJ



Monday 21st September



The 21st of September each year is a lovely day for us and for all those who know us well. It is the day we celebrate the birthday of Marie Madeleine, who was born in 1781. It is a day to give thanks for the life of Marie Madeleine.

What Marie Madeleine would have liked for her birthday?

I am sure it would make her very happy to know that there are still FCJs giving their lives in faithful service of Jesus and of God's people.

I am sure she would be happy to know that young people take on the FCJ values seeking to strive for excellence, dignity, justice gentleness and hope.

I am sure that she has a dream that we will continue to mark her birthday for many, many years to come by being of service to others.

Happy birthday Marie Madeleine, pray for us and for our world!

do justice
love kindness
and walk humbly
with your
God
Micah 6:8

Monday 21st September



Let us reflect on the past 200 years,
The FCJ community, our friends and peers.
See how much our message has grown,
One young lady with a sense of love to be shown.

Help us reflect on how we too can show companionship,
Not just to our neighbours but to our world, our stewardship.
Let us appreciate the planet, our common earth,
Cease to be envious and make way for new birth.

Protect God's creation and stop pollution,
Help us to work together and find a solution.
De pollute the oceans, forests and skies,
But also the selfish wanting inside of our minds.

Help us to be compassionate to whoever we see,
Migrants, refugees, whoever they may be.
Break down the barriers of greed, selfishness and pride,
Let us teach the vulnerable there's no need to hide.

We offer help and support to embrace all of society,
And make kindness and compassion our priority.
God made his creation to be enjoyed and shared,
Not for people to go hungry while others simply do not care.

Reach out a hand to all of God's people,
To offer love and support we all are capable.
In each and every way,
We are widening our circle of kindness everyday.

Poem by Rosie, Amelie, Ella and Sophie, (accompanying drawing by Rosie) pupils from Upton Hall FCJ

Tuesday 22nd September



Sunday Gospel workers 11th hour Mt 20: 1-16

Jesus told his disciples this parable: "The kingdom of heaven is like a landowner who went out at dawn to hire labourers for his vineyard. After agreeing with them for the usual daily wage, he sent them into his vineyard.

Going out about nine o'clock, the landowner saw others standing idle in the marketplace, and he said to them, 'You too go into my vineyard, and I will give you what is just.'

So they went off. And he went out again around noon, and around three o'clock, and did likewise.

Going out about five o'clock, the landowner found others standing around, and said to them, 'Why do you stand here idle all day?' They answered, 'Because no one has hired us.'

He said to them, 'You too go into my vineyard.'

When it was evening the owner of the vineyard said to his foreman, 'Summon the labourers and give them their pay, beginning with the last and ending with the first.' When those who had started about five o'clock came, each received the usual daily wage.

So when the first came, they thought that they would receive more, but each of them also got the usual wage. And on receiving it they grumbled against the landowner, saying, 'These last ones worked only one hour, and you have made them equal to us, who bore the day's burden and the heat.'

He said to one of them in reply, 'My friend, I am not cheating you.

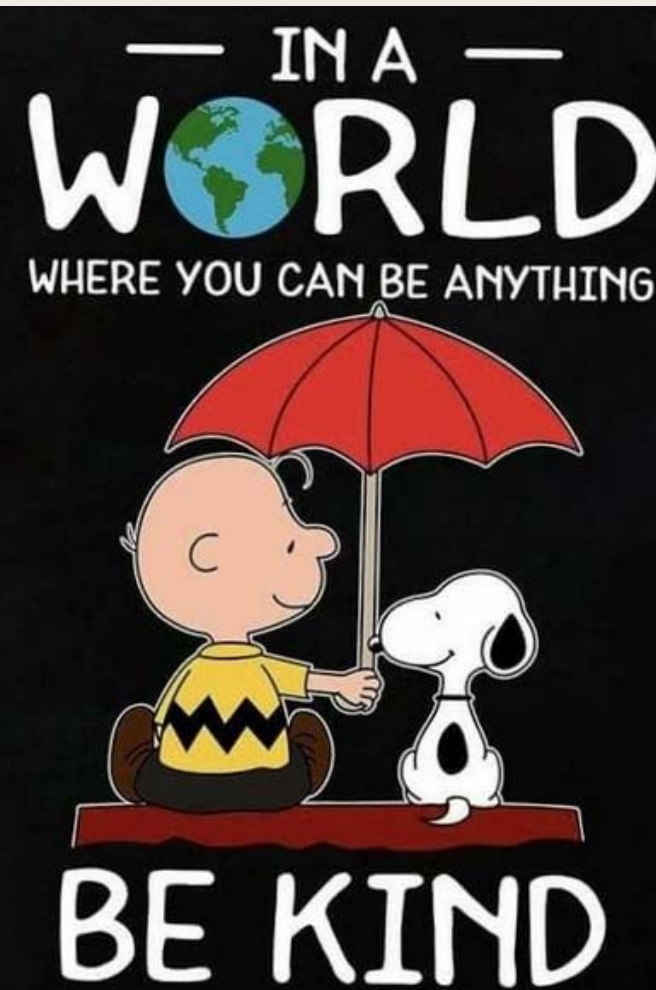
Did you not agree with me for the usual daily wage? Take what is yours and go.

What if I wish to give this last one the same as you?

Or am I not free to do as I wish with my own money?

Are you envious because I am generous?' Thus, the last will be first, and the first will be last."

Tuesday 22nd September



Dear God,

Throughout this week of kindness we ask that you grant us the strength and the courage to remain kind and thoughtful in all situations we face, speaking out for others in order to achieve justice and equality wherever we can.

Please let us be kind not only this week but to continue to be conscientious of others and their struggles throughout these difficult and uncertain times.

We thank you for the privileges you have gifted us, such as our ability to choose to display kindness even when it doesn't seem to benefit us personally.

We also pray that gradually the world as a whole can become a kinder place so that conflicts may become scarce and inequality non-existent.

Amen.

Gemma, yr 13

Wednesday 23nd September



<https://www.youtube.com/watch?v=PT-HBI2TVtI>

Pause for thought:
To notice kindness.
When someone is
kind to you, try and
pass it forward.



Wednesday 23rd September



Dear God,
Sometimes we find kindness
In the most surprising places
And at the most surprising times.
Help us see those blessed moments
When your love shines through
The kindness of a neighbour, the concern of a teacher,
The compassion of a classmate – all moments of love.
Help us to be agents of your love.
Fill us with the gifts to let your love shine through us.
We ask this through Jesus,
Who loved everyone he met. Amen.
Adapted from Prayers Before the Bell by Betty Manion

Thursday 24th September



Pope Francis "We need a revolution of kindness".

"In order to do good, we need memory, we need courage and we need creativity... Remember that the other is not a statistic or a number. The other has a face. The 'you' is always a real presence, a person to take care of."

"We must rediscover the concreteness of little things, small gestures of attention we can offer those close to us, our family, our friends. We must understand that in small things lies our treasure," he said.

There are small acts of kindness, affection and compassion that often go unnoticed in daily life, "but they are nonetheless important," he said.

God shows his love, not with great speeches, but with simple, tender acts of charity, Pope Francis said.

"When Jesus wants to teach us how a Christian should be, he tells us very little," the pope said, but he shows people by feeding the hungry and welcoming the stranger.

Works of mercy continues that love, which is made small so it can "reach us and we carry it forward," Pope Francis said.



Pause for thought: which act of kindness will you do?

Thursday 24th September



Dear Lord,

Grant us the ability to speak kindly, respond gently and act graciously towards others. Free us from all malice as we forge a world of kindness in our local and wider community. Help us to love with compassion and kindness like Jesus, as we mirror his grace in our world around us. Amen.

Faye, yr 13

Friday 25th September



God of creation and Lord of life,

You entrusted us to care for our environment, but in many parts of the world we have failed. Help us to realise how fragile and unstable our surroundings are, because we are not looking after creation. We need to be true stewards and to understand how the most insignificant little flowers, and the tiniest insects, each creature and individual people are all part of a wondrous whole.

Amen.

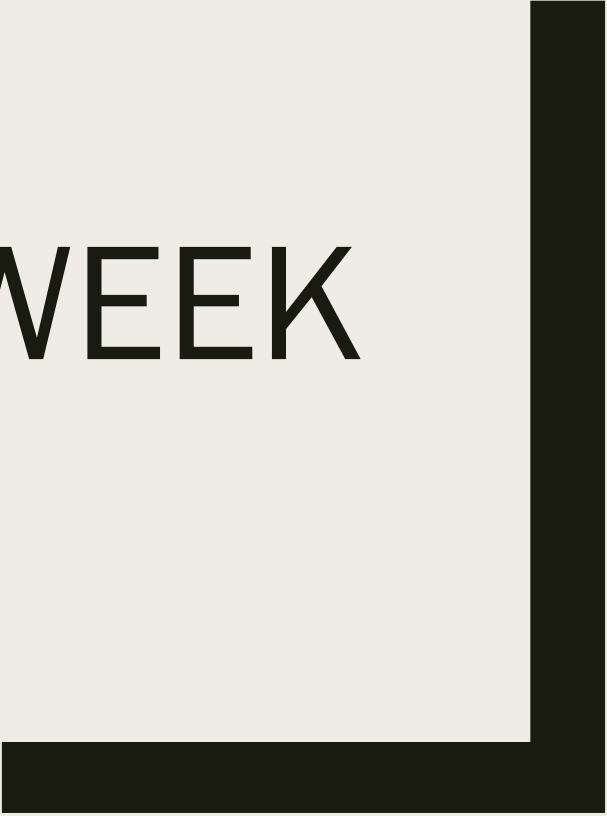
Practice kindness toward Earth by picking up a piece of litter that's on your path; or saying a silent prayer of gratitude for the existence of rain or the colour of flowers.



WORD OF THE WEEK

Prefix: e, ex

Meaning: out, away, from



Friday 25th: emit

Definition

- produce and discharge (something, especially gas or radiation).

Even the best cars emit carbon dioxide.

OR

- make (a sound).

She emitted a sound like laughter.

Other words following the pattern

- expulsion
- exhale
- exit
- express

Well done to those of you trying hard to use the knowledge gained through this activity to decode unfamiliar words. Keep it up!

Don't forget to ask your form-tutor for a reading engagement achievement point when you feedback at the end of next week.

Friday 25th September



Examen

Be silent and place yourself in God's loving presence. Think about the good things that have happened. Who have you left a good memory with this week?

Look back over your week. Where and how have you experienced kindness?

In the quiet of your heart, tell God about your experiences.

Give thanks for who you are.

As you look ahead, with what spirit will you enter next week?

