

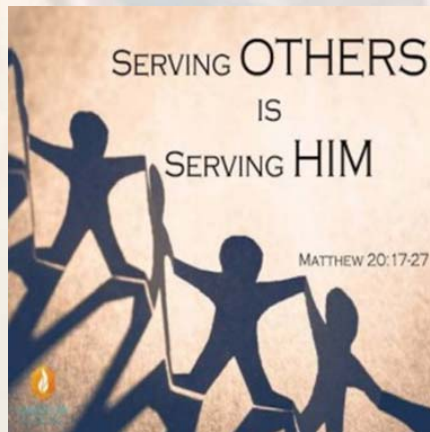
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W/C 16th March 2020

Faith without deeds doesn't mean much.
This week we focus on putting our faith into action by
serving others, as Jesus did.

Giving is one of the three pillars of Lent, together with
praying and fasting. In which ways could we give to
others?

It is the Caritas fundraising week for year 10.





Monday 16th March

A reading from the Gospel of John

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.



Idea: Hold the door open for people.

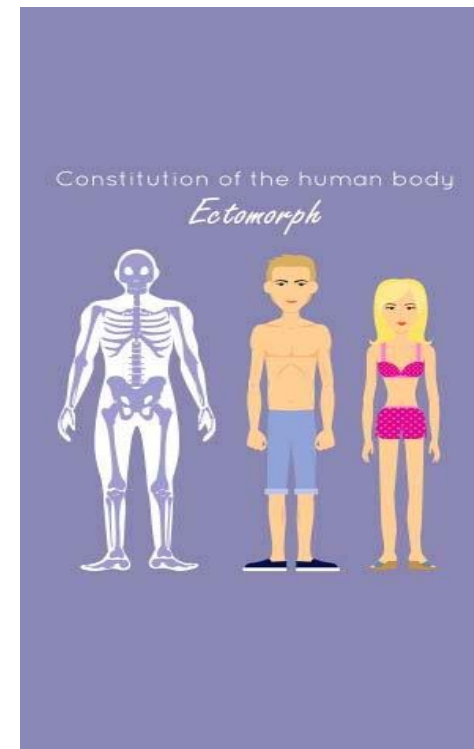
Words of the Day

Greek prefix **ecto-** meaning **outside, external**

Monday 16th March:

- A person with a lean and delicate build of body.
- *She looked like the sort of junior **ectomorph** who could empty the fridge and still not put on a surplus ounce.*

ectomorph



Monday 16th March



Lord Jesus, you taught us how to serve. On the night before you died, You washed your apostles feet to remind us that even if we're asked to do something unpleasant, we must do it lovingly because we're called to help others.

We pray in thanksgiving for Pope Francis' example of servant leadership. Help us to follow in his example and that of Jesus. Amen.

Video: Pope Francis explains the ritual of the washing of the feet (2 mins)

Tuesday 17th March: St. Patrick's Day

Song: I arise today (4 mins)

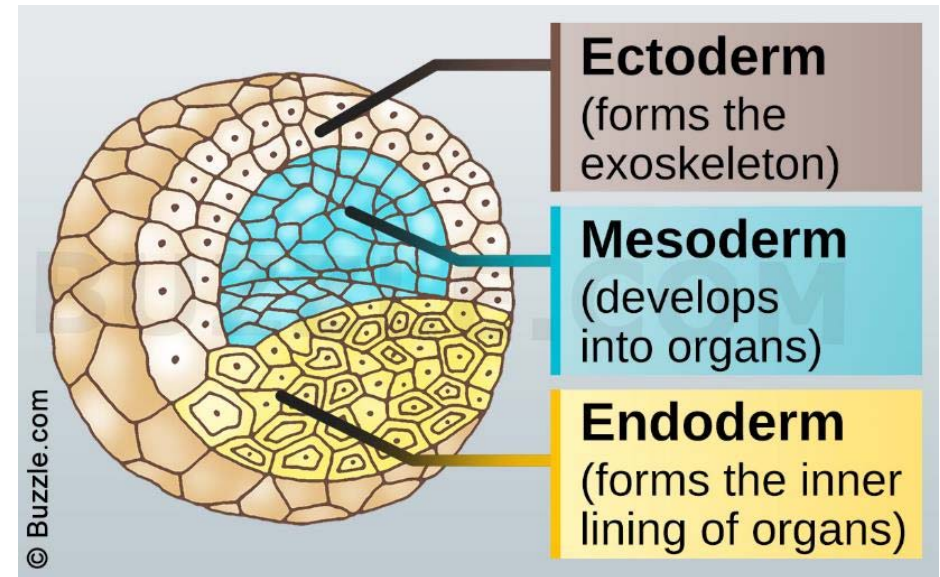


Christ, be with me, Christ before
me, Christ behind me,
Christ in me, Christ beneath me,
Christ above me,
Christ on my right, Christ on my
left, Christ where I lie, Christ
where I sit,
Christ where I arise, Christ in the
heart of everyone who thinks of
me,
Christ in the mouth of everyone
who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Idea: Help your parents prepare dinner

Tuesday 17th March: ectoderm

- The outermost layer of cells or tissue of an embryo in early development.
- The *ectoderm* furnishes the general epithelial covering of the body.





Tuesday 17th March: St. Patrick's Day

Irish Blessing (1.50 mins)





Wednesday 18th March



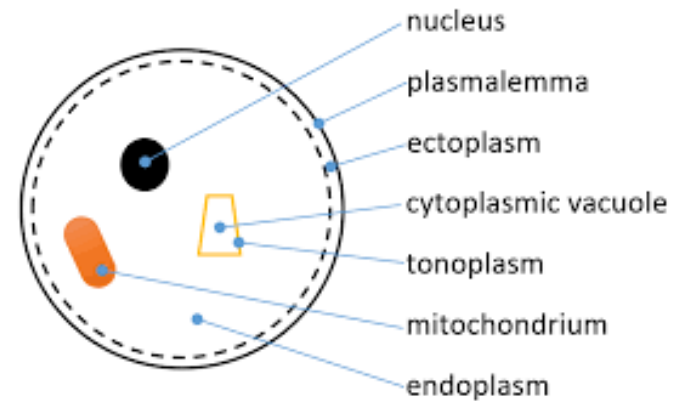
Idea: Do something kind for someone

A reading from the letter of St James

My dear brothers, you are believers in our glorious Lord Jesus Christ. So never think that some people are more important than others. Suppose someone comes into your church meeting wearing very nice clothes and a gold ring. At the same time a poor person comes in wearing old, dirty clothes. You show special attention to the one wearing nice clothes. You say, "Please, sit here in this good seat." But you say to the poor one, "Stand over there," or "Sit on the floor by my feet!" What are you doing? You are making some people more important than others. You become judges with evil thoughts. What good is it...if you say you have faith but do not have the works?

Wednesday 18th March: ectoplasm

- The clear outer layer of the cytoplasm.
- *The existence of **ectoplasm** is a controversial topic. It is sometimes differentiated into a clearer outer layer, commonly called the **ectoplasm**, and an inner endoplasm.*





Wednesday 18th March

Loving God,

Sometimes we think of ourselves before others.

Forgive us when we haven't done what we could have, when we don't help around the house,

When we're too lazy to clean our rooms,

When we roll our eyes when asked to help someone.

Help us to see that every time we serve, we're serving you. Amen.

Idea: Go litter picking





Thursday 19th March

Dear Lord,

Be with us as we support our families, our schools, our communities, and our world.

Thank you for showing us that when we help others, we receive much more than we give.

Thank you for showing us that even the littlest thing can make a difference.

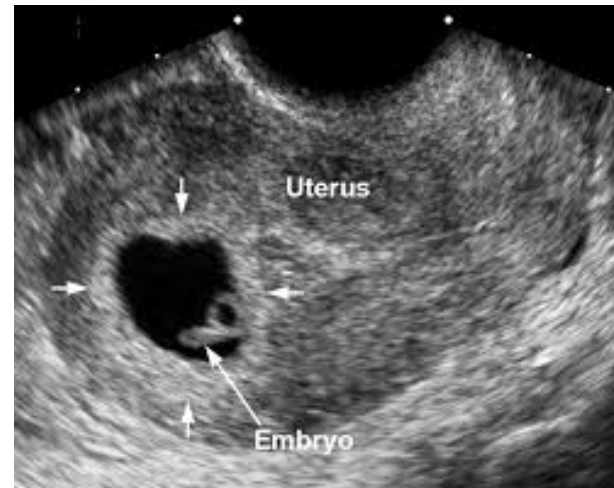
Amen.

Idea: Help someone who is struggling.

Christ has no body
but yours,
No hands, no feet on earth
but yours,
Yours are the eyes
with which he looks
Compassion on this world,
Yours are the feet with which
he walks to do good,
Yours are the hands, with which
he blesses all the world.
~Teresa of Avila (*attributed*)

Thursday 19th March: ectopic

- In an abnormal place.
- *An ectopic pregnancy.*





Thursday 19th March



We pray for all those who serve others on a daily basis. We pray for doctors, nurses and carers, for teachers, firefighters and so many others. We pray especially for all those trying to contain the Coronavirus and care for those affected. Bless each one of them, that they may be a blessing to others.



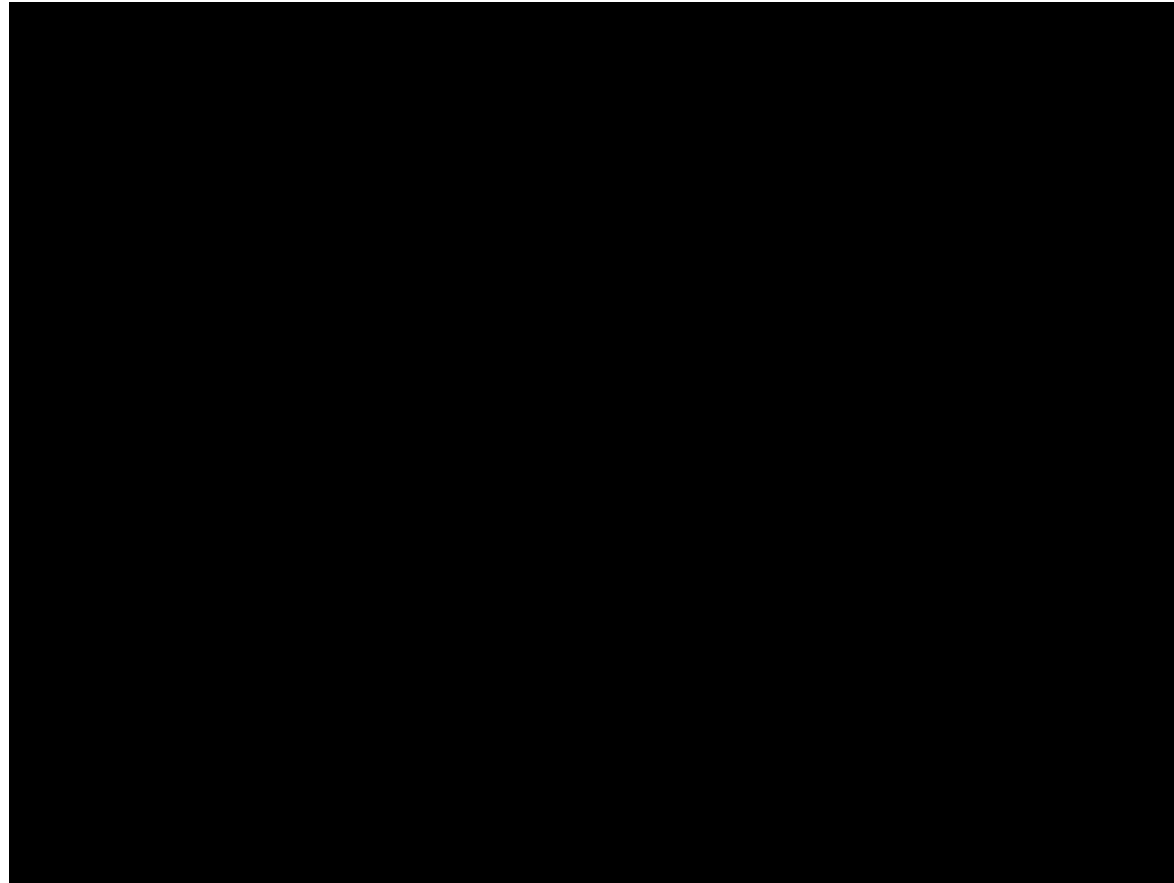
May they be an example to us all as we try as we try and encourage, support, give, comfort, speak, embrace, listen and be present to one another too. Amen.



Idea: Help someone with their homework.

Friday 20st March

Servant Song (2.20 mins)



Idea: Clean something in the house



Friday 20th March: ectotherm

- An animal that is dependent on external sources of body heat.
- *Ectothermic animals include the fishes, amphibians, reptiles, and invertebrates.*





Friday 20th March

Examen

Be silent and place yourself in God's loving presence. Think about the good things that have happened this week and give thanks.

Where have you felt joy and what has been difficult and challenged you?

Has someone placed your needs before yours or have you helped someone. How did that feel? In the quiet of your heart, tell God about your experiences.

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

Ask God to help you.

Idea: do some volunteering or visit someone lonely or sick in the weekend

