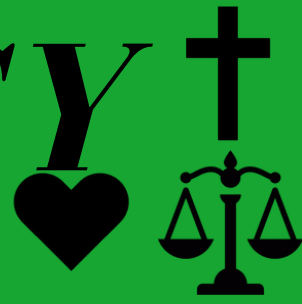




# CHAPLAINCY



*An update from  
Chaplaincy at  
Our Lady's*

## *Candlemas Prayer*

MARKING THE PRESENTATION  
OF THE LORD

On Friday 2nd February, a group of students joined Ben, Mrs. Seddon, and Mr. Eidsforth to participate in a short liturgical prayer for the feast of the Presentation of the Lord. This followed a week of assemblies from Ben, exploring this wonderful feast and the meaning behind the tradition of candles in the crib.

During our prayer, we each put candles in the crib to show that Jesus is the Light of the World that came to Earth at Christmas so that we might have eternal life. Daniel, one of our GIFT Team members, read out the Gospel of the day and we listened to a piece of music called "Simeon's Song" - based on the Nunc Dimittis, then finished with a closing prayer. It was a short but sweet occasion, and I'm sure you can agree that the crib looks beautiful with all those candles!



*"At last, All-Powerful Master, you give leave to your servant to go in peace, just as you promised, for my eyes have seen your salvation which you have prepared for all nations..."*

LUKE 2:29-31



# Castlerigg Reunion!

REFLECTING ON OUR TIME  
TOGETHER ON RETREAT

This half term, we had a reunion for those who went on retreat to Castlerigg in November last year. It was a “Prayer and Pizza” event, where we went to the chapel for a meditation based on the theme of “identity”. We read “A Letter From Your Father” - a letter where every line is based on a passage of Scripture about how God is a Father who loves us and fights for us. We also enjoyed singing our favourite song from the retreat: Oceans! This was followed by pizza and social time, catching up with everyone and remembering the highlights of the retreat - the pizza didn’t last long!!



## Uganda Project Quiz Night

ST. PATRICK’S HOSTS A QUIZZICAL  
EVENING OF FUN!

On the evening of February 2nd, the year 12 students from our Uganda Project group, along with Ben and Mrs. Lowe, hosted a quiz night at St. Patrick’s Church in Heysham. The evening was a great success, with many parishioners and non-parishioners alike coming in their numbers to test their knowledge and support the Uganda Project. The year 12 students worked in pairs to produce a round for the quiz, ranging from guessing the music being played live by our talented year 12 musicians, to a food-based picture round, and (courtesy of Mrs. Lowe) a crisp taste test round! A huge congratulations went to the team from the OLCC science department, who won by three points in a very tightly fought victory. We would also like to thank everyone who supported us with raffle prizes, everyone who helped out on the night, and everyone who came and took part, you helped us raise over £600, which is absolutely amazing! You can read a little more about where this money goes in the “Catholic Ethos Afternoon” article below, but it is hard to overemphasize what a massive difference this money makes to the communities in Uganda, so well done and thank you everyone!



*“For it was you  
who formed my  
inward parts; you  
knit me together  
in my mother’s  
womb.*

*I praise you, for I  
am fearfully and  
wonderfully  
made.*

*Wonderful are  
your works; that I  
know very well.”*

PSALM 139:13-14

## CHAPLAINCY WEEKLY SCHEDULE

### Monday

GIFT Team (Form Time)  
Breaktime Games in the  
Covered Courtyard  
Lunchtime drop-in

### Tuesday

Adoration (8:10-8:30)  
Breaktime drop-in  
Holy Mass (8am on first  
Tuesday of the month, 15:15  
on last Tuesday of the month,  
lunchtime every other  
Tuesday)

### Wednesday

Breaktime drop-in  
Sacrament Preparation  
(lunchtime)  
Faith in Action

### Thursday

Breaktime Games on the  
Netball Courts

### Friday

Rosary (8:10-8:30)  
Breaktime drop-in  
Faith in Action (lunch)

# Peace Prayer Station

PRAYING FOR PEACE IN  
OUR WORLD

Following the events of 2023 and the conflict carrying on into 2024, Ben and the GIFT Team decided to put together a prayer station in the chapel, focusing on praying for peace in the world - particularly in the Middle East and Eastern Europe. The GIFT Team helped write the prayers and spent time in prayer, asking God for reconciliation between all involved and for an end to the suffering of war. We also looked at the power of prayer in the Bible, filling us with hopeful confidence in God's providence.



*“Fast from  
judging others;  
feast on the  
Christ indwelling  
in them.  
Fast from  
emphasis on  
differences; feast  
on the unity of  
all life.  
Fast from  
apparent  
darkness; feast  
on the reality of  
light.  
Fast from words  
that pollute; feast  
on phrases that  
purify.  
Fast from  
discontent; feast  
on gratitude.”*

TAKEN FROM “A  
LENTEN PRAYER” BY  
WILLIAM WARD

## Catholic Ethos Afternoon

EXPLORING THE THREE PILLARS  
OF LENT

As we are approaching Lent, Mrs. Seddon (with a little bit of help from Ben and Mr. Bird) led a Catholic Ethos session for our staff, exploring what Lent is, what the three pillars of Lent are, and what opportunities there are in school to make the most of this wonderful season.

Mrs. Seddon introduced us to “A Lenten Prayer” by William Ward (which you can read some of in the margin to the right), and helped us reflect on how we can lead our students in fasting from vices so that we can encourage them to grow in virtue - as our new mission statement encourages us to do! We also looked at the opportunities for prayer in school for staff and students: Mass, Adoration, Rosary, and Stations of the Cross will be on offer to help us grow in our prayer life with God.

We then looked at our almsgiving (charity) focus for Lent: the Uganda Project. We saw how our six partner schools and one health clinic have benefitted from the project already, and what this year's appeal has helped and will help with too. Picture 1 on the left shows the bore-hole being funded by the project for St. Mary's Primary School in Shagasha, allowing them to have a clean water supply on site, instead of walking 1km each way to a nearby stream. Picture 3 shows new bunk beds for the same school, so that they no longer have to sleep on a concrete floor. Picture 4 shows a STEM centre for St. Joseph's Secondary School in Rubuguri, built so that their students can gain valuable practical experience in STEM subjects, to help with lack of practical skills in students, which is a common barrier to employment in Uganda. Thanks to the generous support of the Turing Scheme, all transport and accommodation costs of the Uganda Trip are covered, so every penny raised by the Uganda Project goes straight to the Ugandan communities we serve and, as you can see, is having an invaluable impact on the lives of so many people.







# What is Lent?

WHAT CAN I DO TO MARK THIS SEASON?

Lent is a very special time of the Church's year. We are encouraged to follow the example of Jesus when He spent 40 days in prayer and fasting in the desert before His public ministry. Here is a link to find out a bit more about this liturgical season:

<https://bustedhalo.com/video/watch-lent-3-minutes>.

Have a think about one thing that you can do for each pillar of Lent: one way that you can improve your prayer life, one thing that you can fast from that would help you grow in virtue, and one way that you can give alms this Lent - maybe pick a different charity to support each Sunday of Lent? The choice is yours. Whatever you decide to do, Lent is a wonderful season where we need not be sad or miserable, but joyful that we have such a great opportunity and time given to us by the Church to improve our relationship with God and let Him change our lives through these 40 days. Have a happy and holy Lent, letting God bear fruit in you!

## Things to Watch Out For...

### SOME KEY DATES FOR YOUR DIARY...

- **14th February 2024: Ash Wednesday** - this marks the start of Lent and it's a day of fasting and abstinence for Catholics, meaning that you can have a maximum of one full meal plus two snacks that don't equal a full meal, and no meat! Also, check out your local parish for Mass times - there won't be anything in school as it's half term!
- **26th Feb - 10th March 2024: Fairtrade Fortnight** - A two-week period where we focus on the dignity and rights of workers around the world, supporting the Fairtrade organisation work towards justice in industry. Join us in prayer for an end to injustice and exploitation of workers, and why not try and buy some Fairtrade items too?
- **1st March 2024: Year 8 Day with a Difference** - Year 8 will be taken off-timetable for the day to explore ideas of forgiveness and the Catholic Church's teaching on the importance of reconciliation, with help from some special guests!
- **11-13th March 2024: Y7 Savio House Retreat** - Three days of fun, prayer and time with Jesus - what's not to like?! Please keep our year 7s in your prayers, that they may encounter the love our Lord has for them on this retreat!

CHECK OUT OUR CHAPLAINCY INSTAGRAM TOO!!



@olcc\_chaplaincy

*“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”*

MATTHEW 4:4



*“Love to pray. Prayer enlarges the heart until it is capable of containing God's gift of Himself.”*

ST. MOTHER  
TERESA OF  
KOLKATA

*God bless and have a blessed, restful half term. We look forward to seeing you all again soon!*