



Dear all,

Welcome to another edition of the STM Spirituality Bulletin. As always, we are sending lots of best wishes to you and your families and hope that you are well.

Thank you to all of the YCT for their input into this bulletin.

Wishing everyone a wonderful & safe summer!

God Bless.

## More Prayer Ideas and Useful Links:

- <https://www.youtube.com/watch?v=qI9BiElIKvc&feature=youtu.be> – Weekly Worship and Song
- Online Mass and much more:  
<https://www.stchadscathedral.org.uk/2020/03/live-streaming-launches-at-st-chads/#:~:text=For%20the%20first%20time%20from%20this%20Sunday%2C%202029,this%20Mass%2C%20concluding%20with%20the%20prayers%20of%20Rededication.>
- <http://www.kenelmyouthtrust.org.uk/virtual-ministry.html> - Kenelm Youth Trust virtual ministry
- Summer camp  
The annual Summer camp is being held online this year. More information available here: <http://www.kenelmyouthtrust.org.uk/summer-camp-online.html>
- <https://www.htb.org/youthonline> - Youth Online

## Some Recent Positive News:

- New British company uses TVs to help charities connect with older people

A British tech company endorsed by several Age UK organisations, is offering a new platform for age sector charities to connect with members, communicating with them directly to deliver interactive activity programmes and services through their home television set.



- Pope Francis: Secret of a happy life is recognising Jesus as the living God

<https://www.indcatholicnews.com/news/39918>

# The Gospel

From Sunday is [Matthew 13: 1-23](#)



## Some Thoughts on this Gospel taken from Sacred Space:

- The parable of the sower explains how the Word of God is received. Jesus knows that there are different levels of receiving the Word - allowing it to flourish and bear fruit or not giving it sufficient attention so that its effect diminishes.
- The Word of God is given to us as a gift. When we pray we allow its goodness to take root in our lives and yield a fertile harvest, leading us in the ways of truth and love.



## Spirituality Wordsearch

Can you find the words below which are taken from this week's Gospel?

A	E	S	D	R	I	B	R	F	S
E	S	D	E	E	S	O	E	E	E
A	R	C	K	E	O	L	W	L	E
S	A	S	O	S	L	I	O	A	S
R	E	D	H	R	T	I	S	K	E
P	S	W	C	H	C	H	O	E	D
R	O	O	E	S	T	H	K	S	S
S	N	R	O	H	T	R	E	I	I
E	E	C	C	T	R	E	A	D	B
D	S	T	O	O	R	T	A	E	R

LAKESIDE    CROWDS    SOWER  
 SEEDS    BIRDS    SOIL  
 EARTH    SCORCHED    ROOTS  
 WITHERED    THORNS    CROP



## For our school leavers:



**Are you looking for an amazing opportunity?**

**Thought about a Gap Year?** KYT are looking for young adults aged 18-25 who are down-to-earth, ready to grow in their faith and who are enthusiastic about working with young people. A gap year with Kenelm comes with accommodation in Alton where volunteers live in community with other young Christians, so we are seeking out those who work well in a team. <http://www.kenelmyouthtrust.org.uk/gap-years.html>

### Prayers for School Leavers 2020- Year 11 / Year 13 Leavers

God and Father of the whole human family,  
I come before you at this important moment in my life,  
a time that cannot be marked in the normal ways this year.

It is good for me to reflect on all that has led to this point,  
times that I remember with great joy, special achievements,  
but also times that I might regret or wish had not happened.

All of these things make me the person I am today,  
and it is good for me to be reminded frequently  
that nothing puts me outside your love or your family.

Whatever the future, the weeks ahead present me with a new start.

In continuing education or in branching out in new ways,  
I have the chance once more to shape the direction of my life,  
always recognising that you have the ultimate plan for me.

At this moment, I must recognise that whether or not these years have been the best  
years for me, I am a different person for the experiences I have lived through.

Wherever I go in life, and whatever I do,  
let me see the best in myself and in others.

May my principles and my values make a contribution to society,  
that as I make new friends,  
I may influence their lives as much as they influence mine.

May the gift of faith always find a place in my heart, especially in moments of difficulty or  
doubt. May I never forget that I am loved unconditionally and that my life is precious to  
others and to you, because I am a link in a chain, always part of the wonderful world for  
which I have been created. Amen.

(Monsignor Timothy Menezes)

## Further Challenges for You!

Look at the Action for Happiness Calendar (included at the end of this newsletter) for ideas to carry out this week, including:

- Set yourself an achievable goal and make it happen
- Go for a walk to clear your head
- Write down your worries

**RESILIENCE CALENDAR: JUMP BACK JULY 2020**

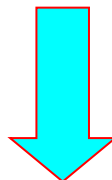
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>We can't control what happens to us, but we can choose how we respond</b>			<b>1</b> Be willing to ask for help when you need it today (and always)	<b>2</b> Make a list of things that you're looking forward to	<b>3</b> Adopt a growth mindset. Change "I can't" into "I can't... yet!"	<b>4</b> Find an action you can take to overcome a problem or worry
<b>5</b> Avoid saying "must" or "should" to yourself today	<b>6</b> Put a problem in perspective and see the bigger picture	<b>7</b> Shift your mood by doing something you really enjoy	<b>8</b> Get the basics right: eat well, exercise and go to bed on time	<b>9</b> Help someone in need and notice how that gives you a boost too	<b>10</b> Don't be so hard on yourself. It's ok not to be ok	<b>11</b> Reach out to someone you trust and share your feelings with them
<b>12</b> When things go wrong, be compassionate to yourself	<b>13</b> Challenge negative thoughts. Find an alternative interpretation	<b>14</b> Set yourself an achievable goal and make it happen	<b>15</b> Go for a walk to clear your head when you feel overwhelmed	<b>16</b> When things get tough, say to yourself "this too shall pass"	<b>17</b> Write your worries down and save them for a specific 'worry time'	<b>18</b> Let go of the small stuff and focus on the things that matter
<b>19</b> Notice something positive to come out of a difficult situation	<b>20</b> Ask yourself: What's the best thing that can happen?	<b>21</b> If you can't change it, change the way you think about it	<b>22</b> Make a list of 3 things that you can feel hopeful about	<b>23</b> Remember that all feelings and situations pass in time	<b>24</b> Choose to see something good about what has gone wrong	<b>25</b> Notice when you are feeling judgemental and be kind instead
<b>26</b> Get back in touch with a supportive friend and have a chat	<b>27</b> Write down 3 things you're grateful for (even if today was hard)	<b>28</b> Catch yourself over-reacting and take a deep breath	<b>29</b> Think about what you can learn from a recent challenge	<b>30</b> Ask for help from a loved one or colleague. Be specific	<b>31</b> Remember that you are not alone. We all struggle at times	

**ACTION FOR HAPPINESS**

actionforhappiness.org  
Keep Calm · Stay Wise · Be Kind

Daily actions to look after ourselves and each other as we face this global crisis together

You can find the calendar for August here:



<https://www.actionforhappiness.org/calendars>