

Dear all,

As we face another lockdown and online learning, we feel that we need to stay in touch even more and ensure that we are together and supporting one another, even if this is in a remote sense. It is more important than ever to be present and reflective.

As a Catholic school, Christ is at the centre of all that we do. How can we ensure that even in difficulties we still focus on this?

You are all in our thoughts and prayers and please do keep in touch.

God bless,

Mrs Rowley, Mrs McNicholl and the Chaplaincy Team

More Prayer Ideas and Useful Links:

- <https://www.hallow.com> – A Catholic prayer and meditation app
- www.stchadscathedral.org.uk – Many local parishes are leading Mass online through their own websites or on social media pages. Monsignor Timothy Menezes and Fr. Tomas Zuna lead Mass at St Chad's Cathedral in Birmingham. A participation sheet can be downloaded from the website from Wednesday evening onwards. Fr. Tim and Fr. Tomas are happy to hear from you. You are welcome to e-mail them: dean@rc-birmingham.org
- <https://media.ascensionpress.com/all-bible-in-a-year-episodes/> - A great podcast with reflections and insights to what it means for us. Each podcast is twenty minutes long.

*Prayer
in action
is love, Love
in action
is service.*

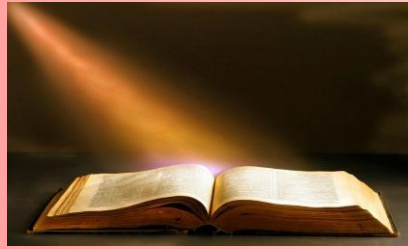
MOTHER TERESA
WWW.VERYBESTQUOTES.COM

Some Positivity! ...

- More people have received the COVID vaccine and a third vaccine has been produced!
- Examples of every day heroes in the lockdown:
<https://www.bbc.co.uk/news/av/uk-england-london-55396770>
- Happy news from Newsround! This clip includes information about pandas, an Olympic star who recently turned 100 and a story about a rare tiger cub:
<https://www.bbc.co.uk/newsround/50434875>
- Self-care tips:
 - 1.) Reduce screen time
 - 2.) Create a morning and bedtime routine
 - 3.) Create a checklist for even the smallest of tasks
 - 4.) List the things that you are grateful for each day
 - 5.) Get some fresh air
 - 6.) Stay connected to family and friends



The Gospel from last Sunday was taken from 1 John 5:1-9



Jesus Christ came by water and blood

Some Thoughts on this Gospel and the baptism of the Lord

- Baptism as a sacrament, is focused on forgiveness, renewal and the process of welcoming us into God's family.
- The fact that Jesus is baptised with other people who are having their sins cleansed by John the Baptist, shows how Jesus identified himself with 'ordinary' individuals.
- After Jesus' baptism the 'Holy Spirit descended on them like a dove'. This highlights that God is with us at baptism, we are welcomed into the Church, God's family at this sacrament, but actually God is always with us.
- During difficulties this should bring us great comfort and highlights that our faith can help us to get through challenges.



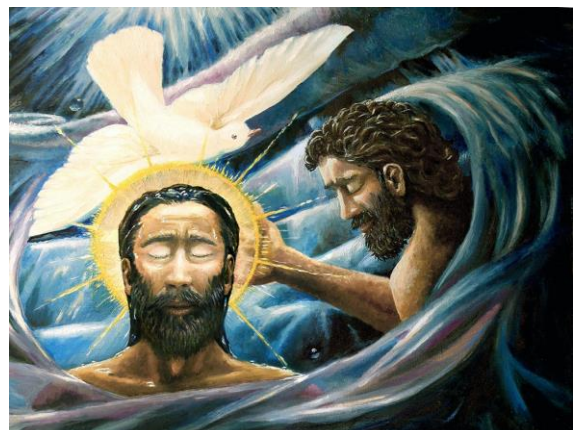
Spirituality Wordsearch

Hidden below are words associated with the Gospel from Sunday. Can you find them all?



T Z W Y P N R A Y B C M A C F
R I V A I Y O R A L R J F T O
R H R S T U C P N F O T C E R
T D C I T E T J I H Q H D Q G
E V O D P I R N N S C R M E I
G O D J S S R B F R H I D M V
Y K A M B L I H U N T V T J E
T S I T P A B H S E N E M F N
Z X V R K D C V A P A R K O E
X X T V D R G T B I D L J D S
J E S U S O O R E N R F L A S
R X J J K L V N L X O G R C U
E E P J P X T E N I J I A N D
T T R T V W K M C Y V P B M E
U W A T X I K R Z U L L E U S

BAPTISM
BAPTIST
CHURCH
DOVE
FORGIVENESS
GOD
HOLY
JESUS
JOHN
JORDAN
LORD
RIVER
SIN
SPIRIT
WATER





ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

good
vibes
only

Prayer



Dear God,

Give us strength when faced with challenges. Please help us to always remember that you are with us, guiding the way – even in darkness.

Please give us hope Lord and help us to always remain positive, remembering that faith can help us through.

Amen

