

St Thomas More Spirituality Bulletin

Dear all,

As we prepare to be reunited together in school, as routines change and as we start to return to some sort of normality, let us ensure we continue to support and look after one another as one school community.

Though times may be difficult, let us hold on to the hope that Christ is with us in everything we do. Through every struggle, every success, sadness and happiness, he is present reminding us that through him nothing is impossible.

Over this next week, let us try be thankful for all the blessings in our lives and be hopeful for the grace that is yet to come.

You are all in our thoughts and prayers and see you all soon.

God bless,

Mrs Rowlev, Mrs McNicholl, Miss Palser and the Spirituality Team

More Prayer Ideas and Useful Links:

- <http://universalis.com> – Free access to Liturgy of the Hours and Readings at Mass.
- <https://open.spotify.com/playlist/2BqLGNqDfnjsoYj03KWnnA> - A great praise and worship playlist. Great for background music whilst you're busy working. Some great tunes!



YCT GOT TALENT!

Throughout lockdown, Megan has been developing her talent in drumming. Megan's hard work and determination has well and truly paid off and can now be extremely proud at her progress. Let us follow Megan's example, by focusing on developing our gifts and talents.



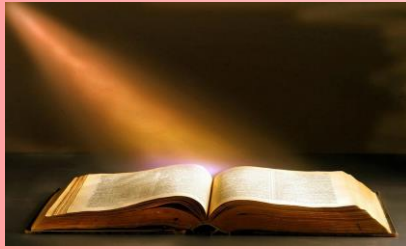
Some Positivity! ...

- More than 20 million people in the UK have now received their first COVID-19 vaccine dose.
- Less traffic on the roads meant air pollution fell by up to 60% in parts of the UK- increase in air quality could reportedly save around 77,000 lives.

How to be thankful?

- Take a minute to be thankful for your life
- Tell someone you appreciate them
- Talk about what you are grateful for
- Focus on the intention behind kindness shown to you
- Find reasons to be thankful
- Keep a gratitude journal
- Get a gratitude buddy!
- Adjust how you think about difficulties
- Be positive about yourself and others

The Gospel this Sunday is taken from 1 John 2:13-25



Destroy this sanctuary and in three days I will raise it up

Some Thoughts on this Gospel

- Jesus was not satisfied with the lack of respect people were showing in the temple. However, there was nothing new about the trading taking place there. Just because practices are long-established doesn't mean they should continue to be tolerated. As depicted in Pope Francis Papacy, there are things that really should be changed, such as injustice and inequality in our world.
- Jesus knew he was the real temple of God- the Lord being fully present in him. He deserved greater attention than this sacred building, but the temple of his body was indestructible.
- Those present didn't really see through Jesus, but he knew their hearts. "For he himself knew what was in everyone"



JESUS CLEANSSES THE TEMPLE

Spot 8 differences between the two pictures.





ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

good
vibes
only

Prayer



Dear God,

Help us to be courageous and bold when we are challenged, always remembering that we can lay all our worries and anxieties there with you at the foot of the cross.

Fill us with your Holy Spirit, to witness to our faith in everything we say and do.

Let us be filled with hope and confidence to become the best version of ourselves, using our God-given gifts and talents to the best of our ability.

Amen

