



# Sacred Space

17th to 23rd May 2020

# Sunday Gospel John 14:15-21



Jesus said to his disciples:

‘If you love me you will keep my commandments.

I shall ask the Father, and he will give you another Advocate  
to be with you for ever,

that Spirit of truth whom the world can never receive  
since it neither sees nor knows him;

but you know him, because he is with you, he is in you.

I will not leave you orphans;

I will come back to you.

In a short time the world will no longer see me;

but you will see me, because I live and you will live.

On that day you will understand that I am in my Father  
and you in me and I in you.

Anybody who receives my commandments and keeps them  
will be one who loves me;

and anybody who loves me will be loved by my Father,

and I shall love him and show myself to him.’

# Sunday Space



*This Sunday's gospel has Jesus assuring his friends that even when he goes to his Father (at the Ascension later this week) they will not be alone. Jesus will send the Advocate who we know better as the Holy Spirit. We know the word advocate as something to do with the law. The advocate is the person who stands by you and for you, no matter what. In a court the advocate will do that because they are paid to do it. The Holy Spirit does it because God loves us and wants the best for us at all time. When we have the confidence that comes with being loved then we love others in caring and compassionate ways. This week is Mental Health Awareness Week and never a better time to consider if we are showing the love to ourselves as well as others.*

There is a workbook on the Gospel attached – some of it may be a little young for you but maybe to share with siblings or the family. There's a good activity about praying with items around the house. Also a guide for saying the Rosary including some prayers from Pope Francis.

The Learning Mentors are also sending resources out for Mental Health Awareness Week so look out for those. I am praying for you every day and hope that you and your family are well. If you have any prayers you would like me to say for you, or if you would like a chat - please email me. [M.gelling@st-Nicholas.Cheshire.sch.uk](mailto:M.gelling@st-Nicholas.Cheshire.sch.uk)

God Bless, Mairie

**If you are printing the pages from the booklets remember to choose 'current page' only.**

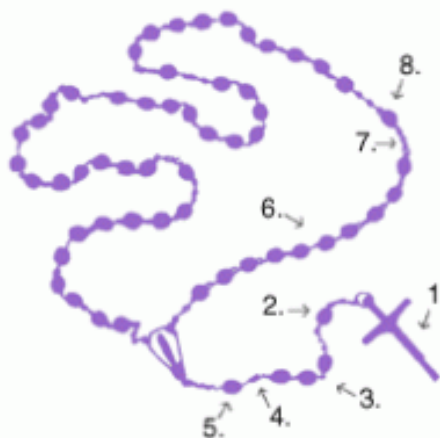
# Pray the Rosary

THE  
GOD  
WHO  
SPEAKS

*In May we traditionally think about Mary, Jesus' mother, and how she guides us to talk to and listen to her son. We often make a point of saying the Rosary during May as this gives us time to sit with Mary and Jesus in prayer. The Rosary is a wonderful prayer if you are anxious or unable to sleep. Many people think of it as a way of making time for God. The diagram below is a very simple way of praying the Rosary – you can add readings from scripture and other prayers but this heartfelt repetition is just as good and you can place the name of a person or situation before you begin to pray. Saying the Rosary with someone else is also very meaningful- perhaps you could say it over social media with one of your relatives? If you don't have a rosary you can use your fingers or beads, marbles or pebbles. Here is a video of how to pray the rosary – and to pray along – from St Nicholas' Church in Hereford.*

## [Praying the Rosary](#)

### How to Pray the Rosary



1. Make the Sign of the Cross and pray the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray Glory Be to the Father.
5. Announce the mystery for reflection and pray the Our Father.
6. Pray the 10 Hail Marys.
7. Finish the decade with the Glory Be to the Father.





# Mindful Monday



At the start of the week, we begin with a sense of knowing that where we are is maybe not where we are meant to be.

*“It is not we who seek the Way, but the Way which seeks us. That is why you are faithful to it, even while you stand waiting, so long as you are prepared, and act the moment you are confronted by its demands.”*

— Dag Hammarskjöld

*Lord, lead us on. Amen*

*‘Philip went to a Samaritan town and proclaimed the Christ to them. The people united in welcoming the message Philip preached, either because they had heard of the miracles he worked or because they saw them for themselves.’ Acts 5*

The Book of Acts tells us how people are drawn to faith because of the example of others. Kindness is one of the best examples of faith we can show.

[The Science of Kindness](#)

inspire   
kindness®



When you pass through the  
waters, I will be with you.

Isaiah 43v2



# Thankful Tuesday



Take care to think about what we already have.

We are surrounded by good fortune.

Take a moment to count your blessings.

*“God gave you a gift of 84,600 seconds today. Have you used one of them to say thank you?”*

— William Arthur Ward

*Lord, Help me see the present in the present. Amen*

*‘Reverence the Lord Christ in your hearts, and always have your answer ready for people who ask you the reason for the hope that you all have. But give it with courtesy and respect and with a clear conscience,’*  
1 Peter

Sometimes, just how you speak can affect others. We all know the power of words.

[Kindness matters](#)



**Kindness is free;  
let's pass it on.**

# Wonder Wednesday



Midweek - 'In the middle' can leave you neither here or there. It's good to take a moment and pay attention to the small but important 'somethings'.

*"You'll never find a rainbow if you're looking down"*

— Charles Chaplin

*Lord, remind me to look up.  
Amen*

*'If you love me you will keep my commandments.*

*I shall ask the Father,  
and he will give you another Advocate  
to be with you for ever,' John 14*

[Nobody loves me like you](#)





# Thoughtful Thursday

## The Ascension of the Lord



Thursday already. Maybe time to focus on where the week is going? Anything that needs to change?

*“Everyone thinks of changing the world, but no one thinks of changing himself.” — Leo Tolstoy*

*Lord, let me be changed by you – so, together, we can change the world. Amen*

*‘The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, ‘All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.’ Matthew 28*

[The Ascension](#)

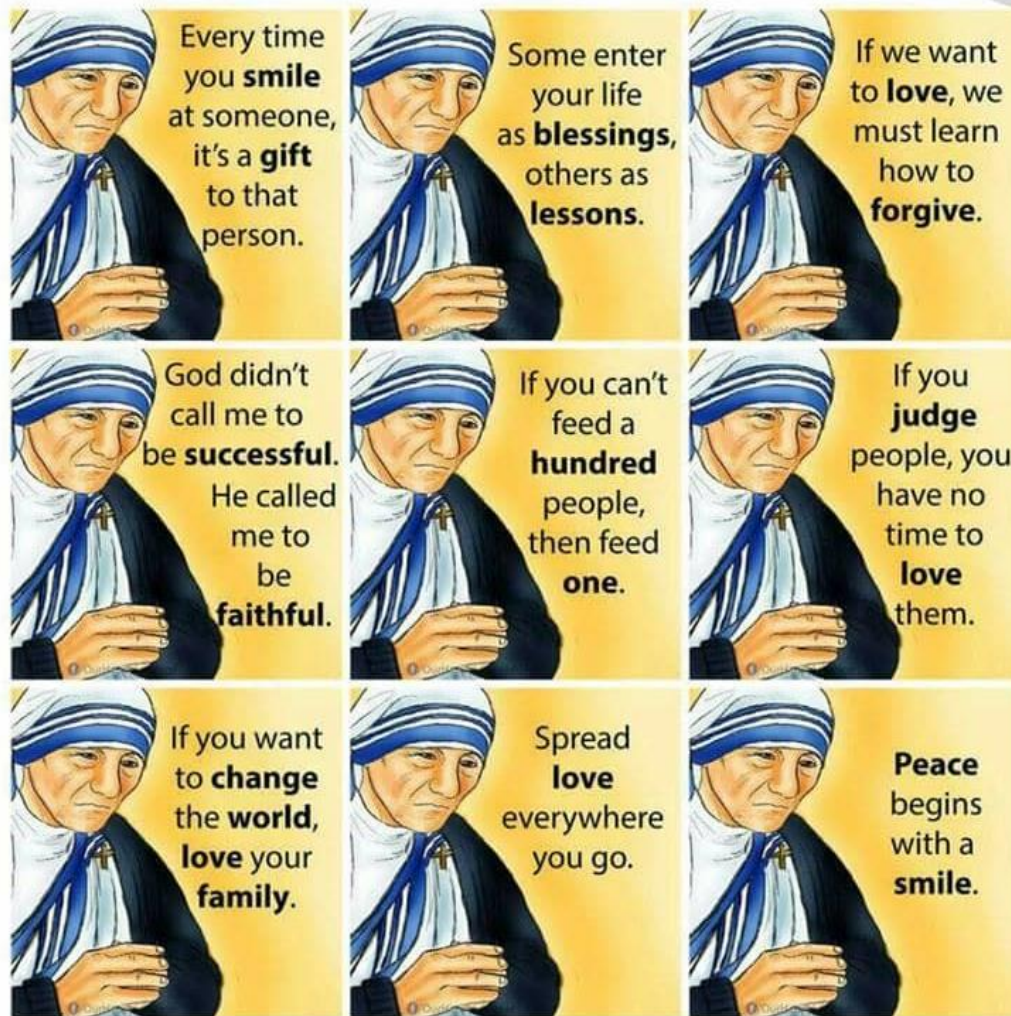


I will not  
forget you!  
see I have  
engraved

you on  
the palms  
of my hands.  
ISAIAH 49V15-16



# Simply Saturday



*We pray today for all those affected by the Pandemic.  
And add our own intentions to the prayers of the world.  
Amen*