



# Sacred Space

21st to 27th June 2020



St Nicholas Catholic High School

# Sunday Reading – Matthew 10:26-33



Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

# A PRAYER FOR FATHERS DAY

THE  
GOD  
WHO  
SPEAKS

*For Fathers Day this Sunday, we remember and celebrate all fathers.*

*Bless those who have recently become fathers,*

*bless those who are learning new skills and facing new challenges in the present situation.*

*Bless those who are always there for us when we need them and those who have struggled with their role.*

*Bless those who are distant from their children for whatever reason.*

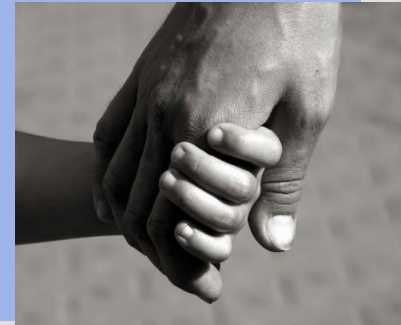
*Bless those who we now care for as they cared for us.*

*Bless those who are no longer with us in life but remain in our hearts.*

*St Joseph, patron saint of fathers everywhere. Pray for us.*

*Lord in your mercy*

*Hear our Prayer*





# A PRAYER FOR FATHERS DAY

THE  
GOD  
WHO  
SPEAKS

HOW CAN I SHOW LOVE  
FOR A FRIEND GRIEVING  
THEIR DAD ON FATHER'S DAY?

- 
- An illustration of a person with dark hair hugging another person with blonde hair from behind. The person being hugged has their arms crossed.
- help the family plan how they'll spend the day
  - share a memory or ask a question about their dad
  - let them know you're remembering their dad
  - remind them they are loved

@OptionB



# Sunday Space



*The theme for this week is 'You are Valued' and we begin with a short but complicated reading from Matthew.*

*The Gospel of Matthew is thought to have been written for early Christians who were suffering prejudice and discrimination and almost felt that they didn't belong anywhere. Matthew's Jesus can sound quite strict, but he is very sure of what is right and he absolutely wants us to be sure of God's love for us. Sparrows were often sold in the market place for pennies as cheap food. No one thought twice about them. If you feed the birds at home you might see a flock of sparrows come down to eat, and they all look the same. You would never know if one was missing. But God would know. God surely pays as much attention to us and as Jesus says – don't let anyone ever tell you anything different!*

Please do have a good week and take care of yourselves as the lockdown starts to ease it is time to be making good decisions about our own actions. 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.**

# Month of the Sacred Heart

THE  
GOD  
WHO  
SPEAKS



*June is given over as the month of the Sacred Heart of Jesus and the readings remind us of his love for us.*

*The image of the Sacred Heart can seem a little melodramatic – even quite gothic.*

*Here is an explanation of the symbolism around the devotion to the Sacred Heart*

## [The Sacred Heart](#)

*Have a listen and think about how Jesus' heart, and love, is there for you.*

*Although I do like my granddaughter's explanation the best ' Nanny – Jesus' heart has to be on the outside because it is so big with love that it doesn't fit on the inside.'*







# 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.

*Loving God*

*May everything I aspire to  
begin with your inspiration.*

*May everything you inspire in me  
be a reflection of your goodness.*

*Amen*

Jesus said to his disciples: ‘Do not judge, and you will not be judged; because the judgements you give are the judgements you will get, and the amount you measure out is the amount you will be given. Why do you observe the splinter in another’s eye and never notice the plank in your own? How dare you say to your brother or sister “Let me take the splinter out of your eye,” when all the time there is a plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take the splinter out of their eye. Matthew 7

[We are here to love](#)

# Wellbeing Bingo!



 Get some fresh air	 Keenact a TikTok video	 make breakfast for someone
 Quiz with family or friends	 Go for a walk	 Have a dance
 Make someone smile	 Healthy snacks only!	 Watch a documentary

Alongside your daily staples of completing your home learning and keeping active, how many wellbeing activities can you complete today?

Can you get a full house?!



Stay safe, and stay at home ☺



# Thankful Tuesday



We often think about what we want.  
We rarely think about what we already have.  
We are surrounded by good fortune. Take a moment to count your blessings.

*Loving God*

*Thank you for all that I have and have not noticed.*

*Thank you for the thoughtfulness of others.*

*Help me to appreciate those who bring goodness into my life.*

*Remind me to take nothing for granted.*

*Amen*

Watch [This is me](#)

Jesus said to his disciples: 'Do not give dogs what is holy; and do not throw your pearls in front of pigs, or they may trample them and then turn on you and tear you to pieces.

'So always treat others as you would like them to treat you; that is the meaning of the Law and the Prophets.

Matthew 7

*Jesus loves to use exaggeration in his teaching – it makes us listen and adds to the truth.*

*Don't let people treat you as less than they are – that's unacceptable. And the balance is to offer that same respect that you want to everyone you meet. It's a challenge that could change the world.*

# Wonder Wednesday



## The Feast of John the Baptist



It's good to take a moment and pay attention to the small but important something that may be in front of our eyes.

*Loving God*

*Help me to see real wonder; in creation, in the world around us and in our relationships.*

*Help me to appreciate those who bring goodness into my life.*

*Remind me to take nothing for granted.*

*Amen*

[Watch - Who was John the Baptist?](#)

The angel said to Zechariah, 'Do not be afraid, your prayer has been heard. Your wife Elizabeth is to bear you a son and you must name him John. He will be your joy and delight and many will rejoice at his birth, for he will be great in the sight of the Lord. Even from his mother's womb he will be filled with the Holy Spirit, and he will bring back many of the sons of Israel to the Lord their God. With the spirit and power of Elijah, he will go before him to turn the hearts of fathers towards their children and the disobedient back to the wisdom that the virtuous have, preparing for the Lord a people fit for him.'

Luke 1



## MEDIA INFLUENCE

We get lots of messages from the media (TV, films, adverts, social media, etc.) about our identity. Unfortunately a lot of these messages are negative and untrue.

In the TV, write down some of the messages we get from the media:



How do you think media affects young people?



It's good to remind ourselves of what's **TRUE**. In the bubble below, write down some things about your identity that are **TRUE**:



E.g. I am loved, I am talented, I am unique, I will make mistakes and that's okay...

### PHILIPPIANS 4:8

"Think about the things that are true and honourable and right and pure and beautiful and respected."

### BIBLE BIT

The Bible tells Christians to focus on the things that are true. It's not always easy but God will help us.

### PRAYER IDEA

Pray for your friends, that they would believe what's true about them and ignore the unhelpful messages we get from the media.





# Thoughtful Thursday



Where does the time go?

Maybe time to focus on where the week is going?

Anything that needs to change?

*Loving God*

*Help me to know that my paths are not set in stone.*

*Every day is a new opportunity to make a difference.*

*Give me courage to do that bit more.*

*To be challenged by your love for me.*

*Amen*

[Watch and listen - and join in - You will be found](#)

Jesus told the story of a sensible man who built his house on rock. 'Rain came down, floods rose, gales blew and hurled themselves against that house, and it did not fall: it was founded on rock. But everyone who listens to these words of mine and does not act on them will be like a stupid man who built his house on sand. Rain came down, floods rose, gales blew and struck that house, and it fell; and what a fall it had!'

Jesus had now finished what he wanted to say, and his teaching made a deep impression on the people. Matthew 7

*Jesus asks us to make a good foundation for our lives. To have good values and develop a good character. Then, even when things go wrong, we can have the strength to get through. We can also help others when they are in need.*

# Fabulous Friday



Take a minute.

Reflect back on your successes and your challenges. Are you beginning Friday in the best place?

If not, now's the time to make it right.  
If so – then – *Fantastic!*

*Loving God*

*Help me to celebrate the times I have done my best, times when I have achieved and times when I have learnt from my mistakes.*

*Help me to value my friendships and family support.*

*Let the weekend be a time of rest and renewal*

*Amen*

Jesus said 'Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.' Matthew 10

[Show your True Colours](#)





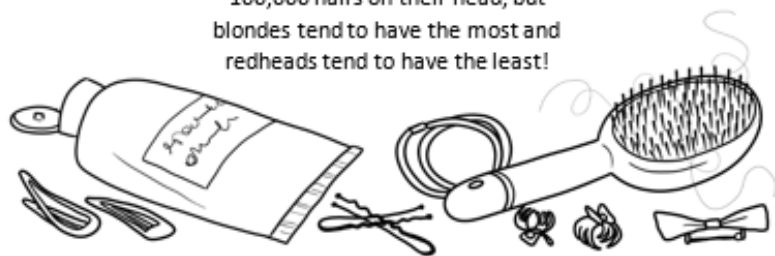
## KNOWN BY GOD

Doodle a hairstyle for this person:



### DID YOU KNOW?

The average human has around 100,000 hairs on their head, but blondes tend to have the most and redheads tend to have the least!



If God knows and cares about every bird He has created, how much more does He know and care about each of us. This verse says that He even knows how many hairs are on your head!

"Five sparrows are sold for only two pennies, and God does not forget any of them. But God even knows how many hairs you have on your head. Don't be afraid. You are worth much more than many sparrows."

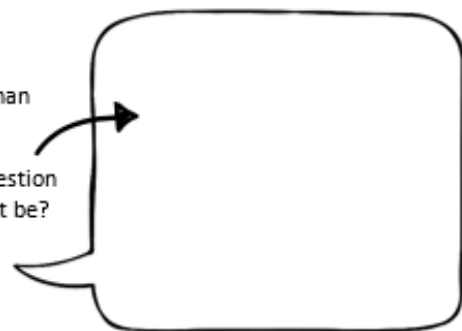
LUKE 12:6-7

Who do you feel 'knows' or understands you the most?

How does it feel to be understood by someone?

Christians believe that God understands us even more than we understand ourselves.

If you could ask God one question about yourself, what would it be?



**PRAYER IDEAS:** Thank God for how much He cares about you. Ask God to help you understand and care for others in the same way.



# Prayers of the Church



Our Father who art in heaven, hallowed be thy name.

Thy kingdom come.

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Glory be to the Father, the Son and the Holy Spirit. As it was in the beginning, is now and forever will be, world without end. Amen

# Simply Saturday

Prayer for the World  
God of love and hope,  
you made the world and care for all  
creation,  
but the world feels strange right now.  
The news is full of stories about  
Coronavirus.

Some people are worried that  
they might get ill.

Others are anxious for their family  
and friends.

Be with them and help them to find peace.

We pray for the doctors and nurses  
and scientists,

and all who are working to discover  
the right medicines  
to help those who are ill.

Thank you that even in these anxious  
times,

you are with us.

Help us to put our trust in you and  
keep us safe. Amen

*We pray today for all those  
affected by the Pandemic.*

*And add our own intentions  
to the prayers of the world.*

*Amen*