

# St Mark's Chaplaincy Newsletter

No 11 November 2022

Dear Parents and Carers,

As we draw near to the season of Advent I would like to share with you things that have been happening this term and inform you of things that are coming up.

The staff at St Mark's began this academic year, on Monday 5th September, by gathering for mass in St Michael and St Martin's Church. The main theme running through that mass was '*we, though many, are one body in Christ*'.

St Paul reminds us that as a Catholic community we need Christ and each other in order to bring the best to our students.

We would like to thank Fr Joseph from Immaculate Heart of Mary Parish in Hayes who celebrated this Mass with us.

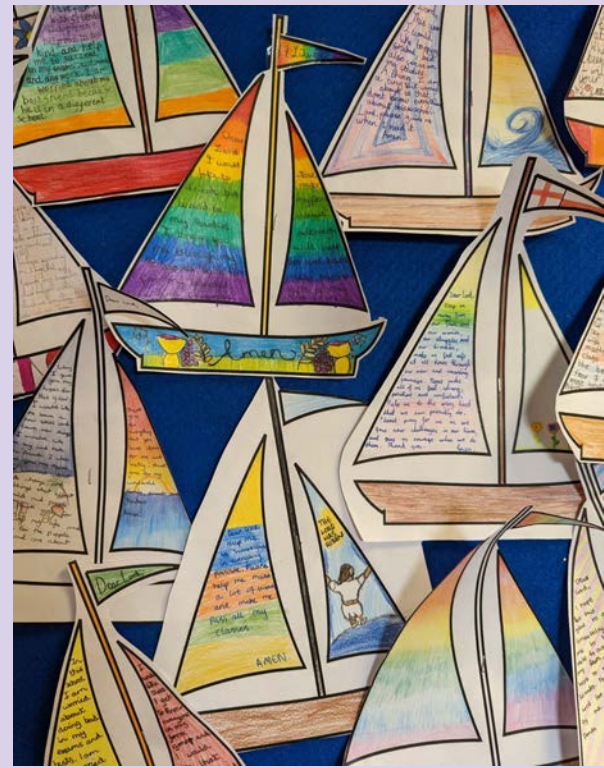


## Year 7 Family Mass

One of my favourite events during the school year is the Year 7 Family Mass. This year the Mass happened on Tuesday 20th September.

The theme for this Mass was: '*Do not be afraid*' and it was lovely to hear the Year 7 students who were able to lead the singing, having formed a choir, with Ms Jackson. Other students helped with readings and the Gospel drama was a lovely addition to the liturgy.

We are grateful to Fr Austin for celebrating the Mass with us and for his support during his time of being the Parish Priest at Ss Michael & Martin Parish. At the end of Mass we were able to wish Fr Austin many blessings as he embarks on his new ministry in Nigeria.



Students decorated boats for the mass, offering up their hopes and fears for the year ahead.





CAFOD SOUP LUNCH

Prep



# COOKING



# CAFOD SOUP LUNCH



**SUPPORTING**





Thank you for  
supporting our  
SOUP LUNCH.

We raised £486.92  
for CAFOD

Thank you to our  
brilliant Year 13  
students who  
helped !



# Year 7 Retreats

Together with the RE department and Year 7 Form Tutors, the Chaplaincy Team organised the Year 7 Retreats that took place on the 10th and 17th October. The theme of each retreat was '*Called by God*'. Students always say the retreats are always fun as well as spiritual and this year they were a great success! We are glad the students enjoyed the experience.

I liked how we did a variety of different activities during the day.

The whole day was about getting closer to God. Lydia 7PO

The retreat was a time about getting closer to God and people. It was a prayerful moment and we learnt about God in greater depth. I feel thankful to the school for doing this retreat. Benjamin 7CA

The retreat day was extremely fun. Helena 7BE

The retreat was my best day.

Krizanne 7PO





# Memorial Mass for Brian



On Tuesday 18th October we held a Memorial Mass for Brian Sasu, beloved student of St Mark's Catholic School.

We would like to thank Fr Philip from Our Lady of the Rosary Church in Staines for celebrating this Mass with us and offering support to our community during this difficult time.

We would like to ask you to keep Brian's family and close friends in your prayers.

## November - Month of the Holy Souls

On 1st November we celebrated the Feast of All Saints by having a morning Mass before school, followed by a special assembly on 2nd November to mark All Souls Day.

Students and staff have had the opportunity to share the names of any family members or friends they would like prayers for during this month, when we particularly remember those who have died. Mass on Thursday 24th November will be offered for all our loved ones, who have gone before us.



ADVENT &

CHRISTMAS COMPETITIONS



## Year 7 Christmas Card Competition!

It's beginning to look a lot like Christmas! This year your challenge from the Diocese of Westminster is to create on A4 paper, a Christmas card. Your card must reflect the key theme which is:

*'The shepherds found Mary, Joseph and the baby' (Luke 2:15-20).*

You can create your design either using a computer or by hand.

A successful card will include the following:

- The use of appropriate Christmas colours
- A design that shows the theme effectively. This can include word art such as calligraphy.
- Professional presentation



Please hand your entry to your RE teacher by **Wednesday 30<sup>th</sup> November**. Entries will be judged by Ivan, Ms. Jackson, Mr. Longuehaye & Ms. Waugh-Lucas

Fantastic prizes for the top 3 entries and St Mark Mission points for amazing effort!

# Year 8 & 9 Advent Calendar Competition

It's beginning to look a lot like Christmas! This year your challenge is to create an original, 3D Advent Calendar that can be displayed by the Catholic Church during the season of Advent to show:

*'The True Reason for the Season.'*

You can create your design using anything you like e.g. cardboard, plastic cups, empty kitchen rolls, yoghurt pots, cardboard boxes, objects from home etc.

## A successful design will include:

- ✓ The use of appropriate colours – can you include the correct Liturgical colour
- ✓ A design that shows the true reason for the season of Advent. Think carefully, what are we preparing for?
- ✓ Specific design e.g. is it recognisable as an Advent calendar?
- ✓ Professional presentation

Please hand your entry to your RE teacher by **Thursday 8<sup>th</sup> December**. Entries will be judged by by Ivan, Ms. Jackson, Mr. Longuehaye & Ms. Waugh-Lucas

Fantastic prizes for the top 3 entries and St Mark Mission points for amazing effort!



# Faith in Action: TOY COLLECTION



## What are we doing?

We are collecting Christmas presents to be donated to children in foster care in Hounslow and families in Hounslow who may not be able to afford or provide presents this year.

## What to bring?

**Brand new** toys, books, games, puzzles or toiletries for a boy or girl aged between

**0-16** years.



Bring your presents to room **106** before **Mon Dec 12<sup>th</sup>**



# An invitation to Year 7 students

Dear Year 7 students,

I am delighted to let you know that following on from your Year 7 retreats, all of you, Form by Form, will be invited to come and meet with the Chaplaincy Team, for a fun lunchtime.

It will be an opportunity for you to learn more about the Chaplaincy and how you can help to serve our community.

Please check the noticeboard, outside the Chapel, for more information.

Ivan



# Pastoral Care



After Christmas we will again be offering a weekly peer support group for any students who have experienced a significant loss or painful experience. The organisation behind the programme is Rainbows Bereavement Support. For more information see: <https://rainbowsgb.org/>

At secondary level, the groups are called Spectrum. Our very first group completed the programme last academic year. We are grateful to The Catholic Children's Society for the opportunity to run these programmes.

When something significant happens in a family, the entire family is affected. If a parent or sibling dies, a divorce or separation happens, or some other painful loss occurs, not only do the parents grieve, the children do also. Children and young people may find it extremely difficult to verbalise their feelings of grief because of their age and inexperience.

The Spectrum programme is a peer support programme which provides young people with a trusted adult and a group of their peers with whom they can work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

Ivan will be sending out more details soon.

## NEW for 2023

We are starting a YOUTH SVP group at St Mark's in the New Year . . . because we know YOU want to help.

Youth SVP members have a simple method of supporting and helping those in need.

First of all they look around their local communities to **SEE** where the need is.

Next they **THINK** what would Christ do and how would he do it in modern society.

Then finally they just simply **DO** and act in support of those in need.



**The St Vincent De Paul Society (SVP), has launched a Cost of Living Support Fund to help struggling families and individuals who need support as the cost of living crisis deepens this winter threatening millions with poverty.**



# Cost of living concerns

At St Mark's we are wanting to do as much as we can to support families who are being severely impacted by the cost of living crisis. We are putting together details about support that is available.

In the meantime, please do contact Ms Joyce or Mrs Ferguson if you need immediate help with this OR if you are concerned about another family.

Ms Joyce: [joycel@st-marks.hounslow.sch.uk](mailto:joycel@st-marks.hounslow.sch.uk)

Mrs Ferguson: [fergusont@st-marks.hounslow.sch.uk](mailto:fergusont@st-marks.hounslow.sch.uk)





# St Mark's Carol Service

You are all warmly invited to our Carol Service on Tuesday 6th December from 7.00 to 8.00 pm in the School Hall.

Refreshments will be available from 6.00 pm and all donations will go towards the charities supported by our Faith in Action programme.

# A beautiful prayer from Ms Bray as begin the new liturgical year on the first Sunday of Advent

As the dawn breaks on a new year, let us give thanks for all we hold dear:

our health, our family and our friends.

May God make your year a happy one!

Not by shielding us from all sorrows and pain,

But by strengthening us to bear it, as it comes;

Not by making our path easy,

But by making us sturdy to travel any path,

Not by taking hardships from us,

But by taking fear from our heart;

Not by granting us unbroken sunshine,

But by keeping our face bright, even in the shadows;





# A beautiful prayer from Ms Bray as begin the new liturgical year on the first Sunday of Advent

Not by making our life always pleasant,  
But by showing us when people and their causes need  
us most,  
Not by taking all anger from our hearts,  
But by showing us injustice, oppression,  
And the exploitation of people,  
So that we may be angry enough to work for justice,  
freedom and peace for all.



# A beautiful prayer from Ms Bray as begin the new liturgical year on the first Sunday of Advent

And may God bless you  
with enough foolishness  
To believe that you can  
Make a difference in the world,  
So that you can do  
What others claim cannot be done  
To bring justice and kindness  
To all our children and the poor.

Amen



Finally, please remember if I can support you in any way do not hesitate to contact me. My email address is at the bottom of this letter or you can just ring the school and leave a message for Ivan.

I wish all of you a blessed Advent.

Be assured of my constant prayers for you and your family,

Ivan Cizmarik

School Lay Chaplain

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