

# *St Mark's Chaplaincy Newsletter*

No 8 April 2022

Dear Parents and Carers,

Our seventh Chaplaincy Newsletter was shared with you in February as we were preparing for Lent. We do hope that you and your family had a blessed time.

## Prayer and Worship

### Ash Wednesday

We started **Lent**, the season of penitential preparation for Easter, with Ash Wednesday liturgies for all Year groups.

As we reflected on the meaning of Lent, we were reminded to deepen our faith by Praying, Fasting and Almsgiving.



# 'A Time for Peace'

Our Lenten theme in school has been : **'A Time for Peace'** and our community has been united in praying for peace and supporting the people of Ukraine.

Many beautiful prayers for peace can be found on the CAFOD website <https://cafod.org.uk/Pray/Prayer-resources/Voice-of-peace>



Loving God,

We pray for the people of Ukraine,

for all those suffering or afraid,

that you will be close to them and protect them.

We pray for world leaders,

for compassion, strength and wisdom to guide their choices.

We pray for the world that in this moment of crisis,

we may continue to reach out in solidarity to our brothers and sisters in need.

May we walk in your ways so that peace and justice

become a reality for the people of Ukraine and for all the world. Amen.



# Lunchtimes in the Chapel

During this special time of grace the Chaplaincy Team organised Lent Lunchtimes in the Chapel, where the school community could experience the richness of Catholic spirituality.

On Tuesdays we prayed the Holy Rosary together.

Thursdays were dedicated to our tradition of Eucharistic Adoration.

On Fridays we had an opportunity to reflect on the Passion of Christ in Stations of the Cross.

Many thanks to the Student Chaplaincy Team who helped with preparing the activities.



# **School Ministries** Chaplaincy Team Introductions

Our Chaplaincy Team students continue to take turns in introducing themselves in each of our Chaplaincy Newsletters.

In the previous newsletter we heard from Prylon and Delilah. Now we will hear from Sheniz and Joel.

Hello my name is Sheniz Kariyawasam and I am part of the Chaplaincy group. I joined because I want to strengthen my relationship with God and show him the love I hold for him. My favourite bible passage is Isaiah 41:10.

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

This is because it is highlighting the love God has for us and how no matter who we are or where we are he will always be there to support us.

# Isaiah 41:10

**So do not fear,  
for I am with you;**

**Do not be dismayed,**

*for I am your God*

**I will strengthen you and help you;**

**I will uphold you**

**with my righteous right hand.**

I am Joel Sequeira (12 Elm) and I am a member of the Chaplaincy Team. We work together as a group to share God's Love to everyone within our school. My favourite Bible passage is the Parable of the Prodigal Son because it shows the unconditional love of God our Father even when we deliberately stray away from him.

Volunteering for the Chaplaincy Team is important for me because it helps me to grow spiritually and also allows me to be a channel of God's peace. We the Chaplaincy Team keep all of you in our prayers. Thank you and God bless!





# St Patrick's Day and Vigil for Peace



On the feast day of Saint Patrick - 17th March - ' St Patrick's Day' we united with Ireland's Roman Catholic and Church of Ireland Archbishops who said, in a joint statement, that St Patrick's Day, 2022 is a time for prayer and action for peace in Ukraine and for all the refugees and other victims of the war.

# Vigil for Peace

In response to the Church's calling, we held a Vigil for Peace in the Chapel, from 8am until 6pm. Students and staff attended throughout the day to pray before the Blessed Sacrament for peace in the world and in our lives.



# Social outreach and charity work

From Thursday 3rd to Friday 15th March our school community supported a local Ukrainian group who were gathering and taking out urgently needed supplies. We are very grateful to Khrystyna, one of our Sixth Form students, and her family for suggesting this as a way we could help.

The generous response to the request for urgent supplies , from our school community, was much appreciated.

*Thank you!*

On Thursday, 31st March we held a non uniform day to continue our support for the people of Ukraine. A music event was held earlier in the week and the donations from refreshments are also going to support this appeal.

We would like to thank all members of our school community for your generosity in support of the Ukraine Humanitarian Appeal.

To date we have raised a total of **£4492 .52** which is absolutely amazing.

The funds will be forwarded to CAFOD, who are part of the Disasters Emergency Committee (DEC).

*putting our faith into action*

## **Prayer and Worship: End of term masses**

As we break up on Friday for our Easter holiday we are delighted that Year groups are able to gather again, for our end of term masses in Ss Michael and Martin Church .

We are grateful to Fr Austin, Fr Alphonsus and Fr Benny for celebrating the Masses with us and to our Liturgy Choir and all students and staff who are reading.

## Easter Prayer

Here is a beautiful prayer called 'Joyous Time of Year', by an unknown author, that I would like to share with you and your loved ones as we approach Easter celebrations.

May the glory  
and the promise  
of this joyous time of year  
bring peace  
and happiness to you  
and those you hold most  
dear.

And may Christ,  
Our Risen Saviour,  
always be there by your side  
to bless you  
most abundantly  
and be your loving guide.

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 and restful Easter break.

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

Ivan Cizmarik

School Lay Chaplain  
[cizmariki@st-marks.hounslow.sch.uk](mailto:cizmariki@st-marks.hounslow.sch.uk)