

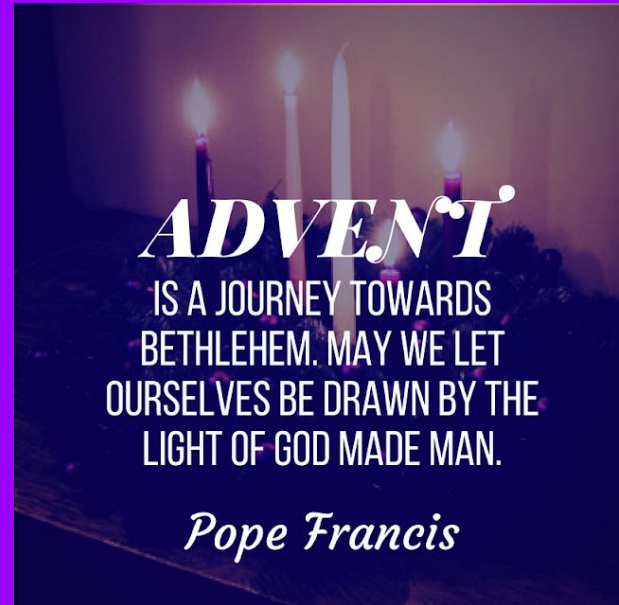
# St Mark's Chaplaincy Newsletter

No 13 December 2023

Dear Parents and Carers,

This newsletter is coming to you as we approach Christmas.

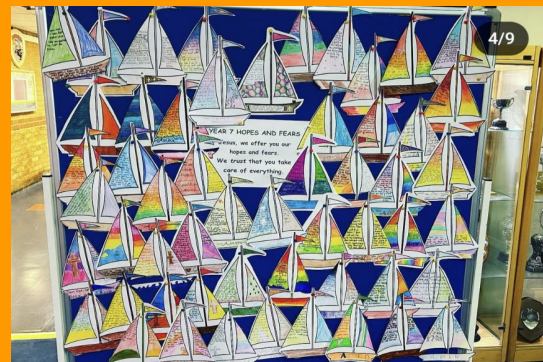
We do hope that you and your family are having a blessed Advent season.



# Year 7 Family Mass

On Tuesday the 3rd of October we welcomed our new Year 7s and their families to the school for a Mass of welcome. We prayed for God's blessing on our Year 7 students and their families for this year and throughout their journey at St Mark's.

The theme for this Mass was: '**I will be with you**' 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, that was led by Ms Rouse and Mrs McGhee. We are grateful to Fr Damian who celebrated this lovely Mass with us.



# Charities

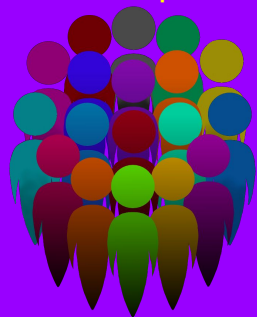
CAFOD Soup Lunch - Friday, 6th October, 2023

On Friday 6th October we supported CAFOD's Harvest Appeal by holding a soup and bread lunch, prepared by our Year 13 Charity Reps and Prefects. We would like to thank all member of our school community- families, students and staff who generously supported this fundraising event. We are delighted to say that we were able to send CAFOD £ 933.00.

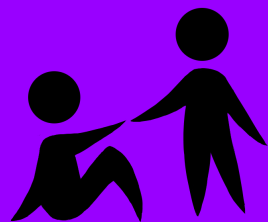
*Thank you*



Catholic Social  
Teaching  
Community &  
Participation



Catholic Social  
Teaching  
Preferential option  
for the poor



Thanks to the Prep Team



'It was lovely to see  
the whole school  
community get  
involved. I know the  
Sixth Formers  
enjoyed organising  
this event for  
CAFOD.'  
Lareina





# Thanks to the Cooks



'We are proud that CAFOD's values: dignity, solidarity, compassion, hope, stewardship, sustainability and partnership have always been an integral part of our school. As a Prefect, taking part in cooking the soup for the lunch allowed me to reflect on how such a simple thing (leek and potato soup) can have such a big impact - knowing all the money raised will be used by CAFOD to help others, where it is needed the most. Making the soup was a fun experience and seeing the queues at the door was amazing!'

Anneliese

# Thanks to the Cooks





# The Promoters, Shoppers and Stewards



'The CAFOD soup lunch was an incredible experience! Seeing our community coming together to help and support those in need was such a lovely thing to see. I had a great day and definitely learnt a lot about making soup!'

Rachel



# The Promoters, Shoppers and Stewards



'It was really great to help out CAFOD - we were all so pleased to take part and help to raise so much money. It was a wonderful experience!'  
Karolina

# Year 7 Retreats

'I liked how peaceful the day was.'  
Nathan 7PO

'The retreat brought us closer with  
each other and with God.'  
Declan 7MO

Year 7 Retreats took place on the 9th and 16th  
October.

The theme of each retreat was 'Called by God'.

Students always say the retreats are fun as well as  
spiritual and this year they were a great success!

We are glad the students enjoyed the experience.

'I learnt more about God and felt closer to  
him.'  
Joseph 7MO



# Rosary for Peace

The Archbishop of Westminster Vincent Nichols called us to pray the Rosary for peace,

"that this conflict, in the homeland of Mary herself, will quickly come to an end."

On Tuesday 17th October we answered his call and organised the Rosary for Peace in the school Chapel.

## Rosary for Peace

**Today at lunchtime in the chapel**

*"Today (Tuesday October 17th) please pray the great prayer of the Rosary that this conflict, in the homeland of Mary herself, will quickly come to an end."*

His Eminence Cardinal Vincent Nichols



**All are welcome!**

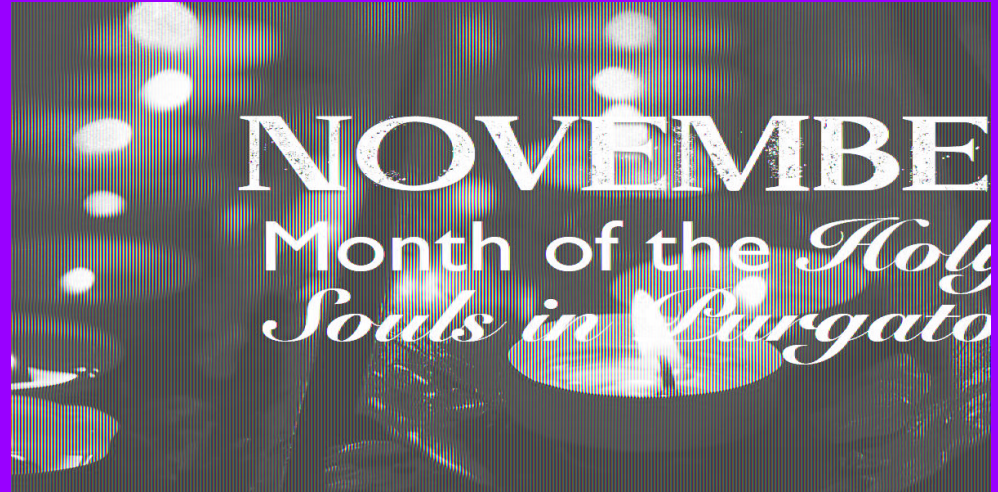


# November - Month of the Holy Souls

During November, when we particularly remember those who have died, students and staff had the opportunity to share the names of any family members or friends they would like to offer prayers for.

We had a special mass on Thursday 30th November, to remember them all

We are grateful to Fr Ignatius for celebrating this Mass with us.





# *Melissa Angel De Souza*

## *2010-2023*

*On Thursday 23rd  
November we held  
a Memorial Mass  
for Melissa Angel  
De Souza, beloved  
student of St  
Mark's Catholic  
School.*



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

# "Emmanuel"

## Prayer meetings with parents & carers

During this period of Advent we were delighted to invite members of our wider school community, our parents and carers, to join us online in prayer for 15 minutes on Tuesday mornings, where we asked God to prepare our hearts for the gift of his Son.

# "Emmanuel"

*("God is with us")*



Hanna Varghese, *God Is With Us*, 2006. Acrylic on canvas.

A time of prayer with and for the school community of St Mark's

# Rainbows - Spectrum

We are delighted to be able to offer students, who have experienced a significant loss or painful experience, the opportunity to participate in the Spectrum (Rainbows) programme. This peer support programme is facilitated by trained members of staff and will run for 12 weeks after school.

For more information see: <https://rainbowsqb.org/>

If you think your child would benefit from taking part, please email me or if you have any questions please don't hesitate to get in contact.

Mr Ivan Cizmarik  
School Lay Chaplain  
cizmariki@st-marks.hounslow.sch.uk  
02085773600 (3207)



# St Mark's School Prayer

We pray for the community of St Mark's,  
that we may be inspired by the values of  
the Gospel to live out our faith and be  
known by our love.

Help us to embrace excellence, in all that  
we do and value education that instils  
possibilities, transforms lives and enables  
all to fulfil their potential.

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.

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

Ivan Cizmarik

**May Christ filled your homes with peace and joy.**

**Merry Christmas**

School Lay Chaplain

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