

### A community of learners, believers and friends



### WB 29th September Collective Worship

But if we walk in the light, as he is in the light, we have fellowship with one another

1 John 1:7



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### Gratitude



In the name of the Father, Son and Holy Spirit



The earth is the Lord's, and everything in it, the world, and all who live in it.

Psalm 24:1

This verse reminds us not just that the earth belongs to God, but that we are stewards of it. As young adults, how might our choices about what we buy, eat, or waste reflect gratitude for God's creation?"



Loving Creator, thank You for the beauty of the earth and for those who dedicate their lives to protecting it. Help us to live with responsibility, to challenge injustice against the planet, and to use our gifts wisely. May our gratitude show itself in how we care for both people and creation.

St Joseph – pray for us St Teresa – pray for us



What does true gratitude look like in action for someone our age? Is it more than just saying 'thank you'?



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### In the name of the Father, Son and Holy Spirit



Listen to this piece of music called Thankful by Haley Jones

As you listen, think beyond what you are thankful for—consider who has helped shape you, sacrificed for you, or supported you in ways you may not usually notice.











How can you follow his example?



Show more

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Rosaries are available in the chapel for anyone wanting to continue this challenge at lunchtime

Following the call of Pope Leo XIV, we begin October praying the rosary together





# BE STILL

## QUIET MIND SCRIPT



Straighten your spine.

Forget everyone else in the room.

Gently close your eyes.

Be aware of the top of the head, relax your forehead, your face, your throat, neck, shoulders, your front and back; now relax your arms, legs and feet.

Try to quieten your mind – if thoughts come in, just let them go.

Listen to the sounds around you.

Without changing it, focus on your breathing.

Breathe in. Breathe out.

Breathe out and let go of anything that is worrying you.

Breathe in feelings of calm.

Breathe in: "Be still" Breathe out: "And know"

Be still. And know.

[silence 2 minutes]

Now be aware of your breathing again

Listen to the sounds around you

Be aware of the top of the head, relax your forehead, your face, your throat, neck, shoulders and your front and back;

now relax your arms, legs and feet.

You can open your eyes now and be ready to start the day in a calm way.





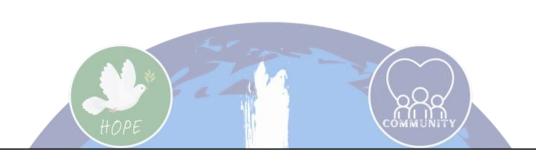
#### In the name of the Father, Son and Holy Spirit

In this parable, Jesus reminds us that ignoring those in need has consequences. As we read consider:

Who are the 'Lazaruses' at the gate of our society today? Refugees? The homeless? Those struggling with mental health? How can we live gratitude by noticing and responding?

In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.





#### Gospel: Luke 16:19-31

At that time: Jesus said to the Pharisees, 'There was a rich man who was clothed in purple and fine linen and who feasted sumptuously every day. And at his gate was laid a poor man named Lazarus, covered with sores, who desired to be fed with what fell from the rich man's table. Moreover, even the dogs came and licked his sores. The poor man died and was carried by the angels to Abraham's side. The rich man also died and was buried, and in Hades, being in torment, he lifted up his eyes and saw Abraham far off and Lazarus at his side.





And he called out, "Father Abraham, have mercy on me, and send Lazarus to dip the end of his finger in water and cool my tongue, for I am in anguish in this flame." But Abraham said, "Child, remember that you in your lifetime received your good things, and Lazarus in like manner bad things; but now he is comforted here, and you are in anguish. And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not do so, and none may cross from there to us." And he said, "Then I beg you, father, to send him to my father's house - for I have five brothers - so that he may warn them, lest they also come into this place of torment." But Abraham said, "They have Moses and the Prophets; let them hear them." And he said, "No, father Abraham, but if someone goes to them from the dead, they will repent." He said to him, "If they do not hear Moses and the Prophets, neither will they be convinced if someone should rise from the dead."

Allow God some time to speak to you through your senses, reflecting on Dives and Lazarus, by a follower of Jacobo Bassano. We sometimes call this type of prayer "Viso Divina", or 'godly seeing'. You may like to just sit and think, or you may like to use the thinking sheet.

- Ask the Holy Spirit to guide you. Take a moment to quiet your mind and be open to God.
- What do you notice? Don't rush. Notice the colours, light, and shadows. Pay attention to the details.
- Everyone in the painting is busy and no one notices the poor man, Lazarus. What does that say to you? Why do you think the artist has painted the rich man right at the back?
- As you look, be aware of your feelings. Does the image bring peace, sadness, or joy? Does it remind you of something in

your life?

• Listen for God's voice in the silence.

Be open to God's message, even if it surprises you.





notice those who are in need, and give me the courage to act. May my gratitude not stay in words but be seen in my choices.