



*A community of learners,
believers and friends*



ST TERESA
of **CALCUTTA**
Catholic Academy Trust

WB 6th October 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



October

6

In the name of the Father, Son and Holy Spirit



What does trust mean to you?

Who do you find it hardest to trust — others, yourself, or God?

What helps rebuild trust when it's been broken?



LOVE

MOUNT ST JOSEPH
GOSPEL VALUES



But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin

1 John 1:7



LORD, make me a better person, more considerate to others, more honest with myself, more faithful to you.

Make me generous enough to want sincerely to do your will whatever it may be.

Help me to find my true vocation in life, and grant that through it I may find happiness myself and bring happiness to others. Amen

St Joseph – Pray for us

St Teresa – Pray for us



How can trust improve the way our school community works?

Use the Quiet Mind Script (on next slide and in resources) to help pupils enter a prayerful time of silence.



BE STILL



GATHER

QUIET MIND SCRIPT

Put your feet flat on the floor.

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 for 30 seconds / 1 minute / 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.



October

8

**WE
GATHER**

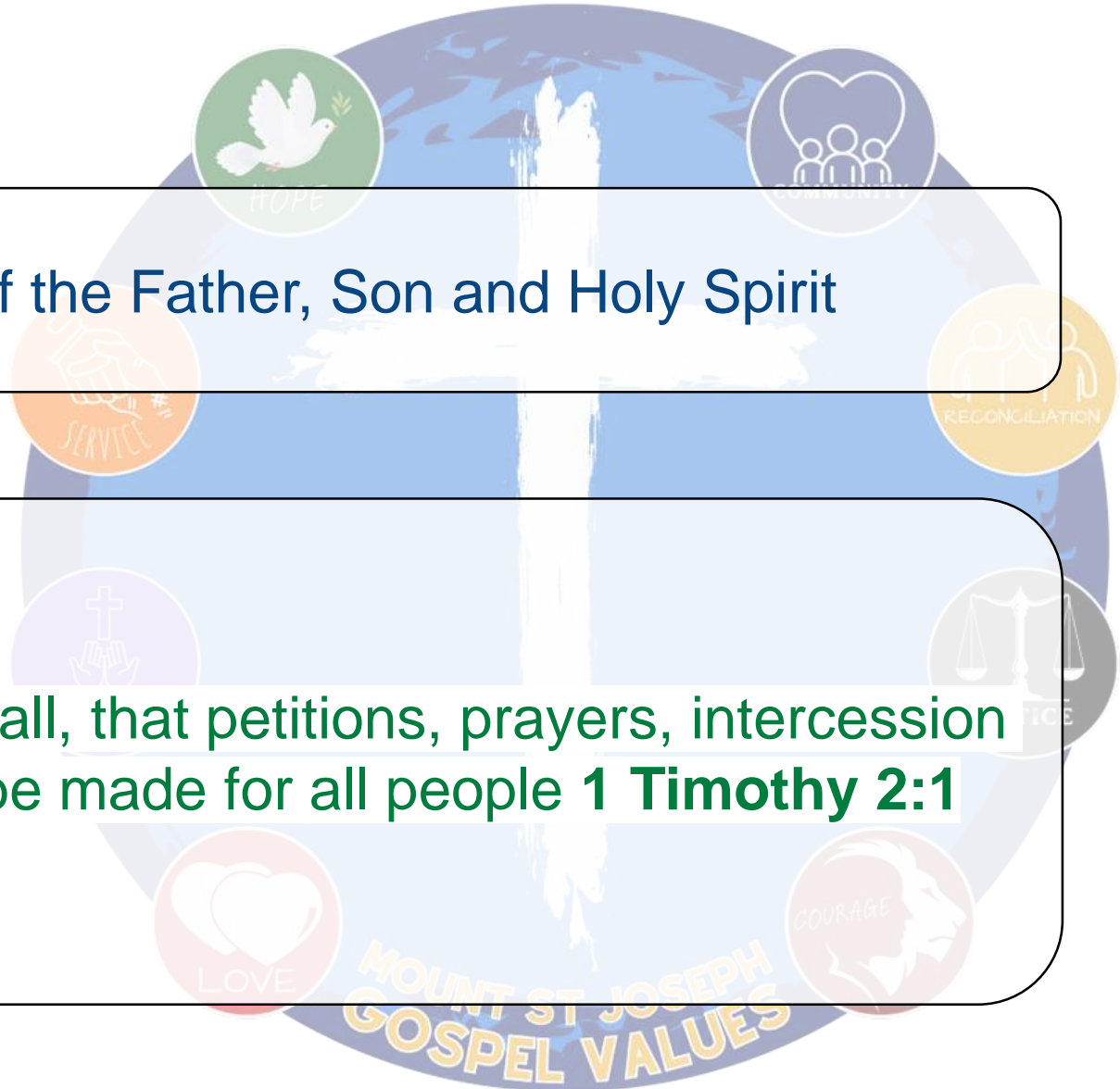


**WE
LISTEN**



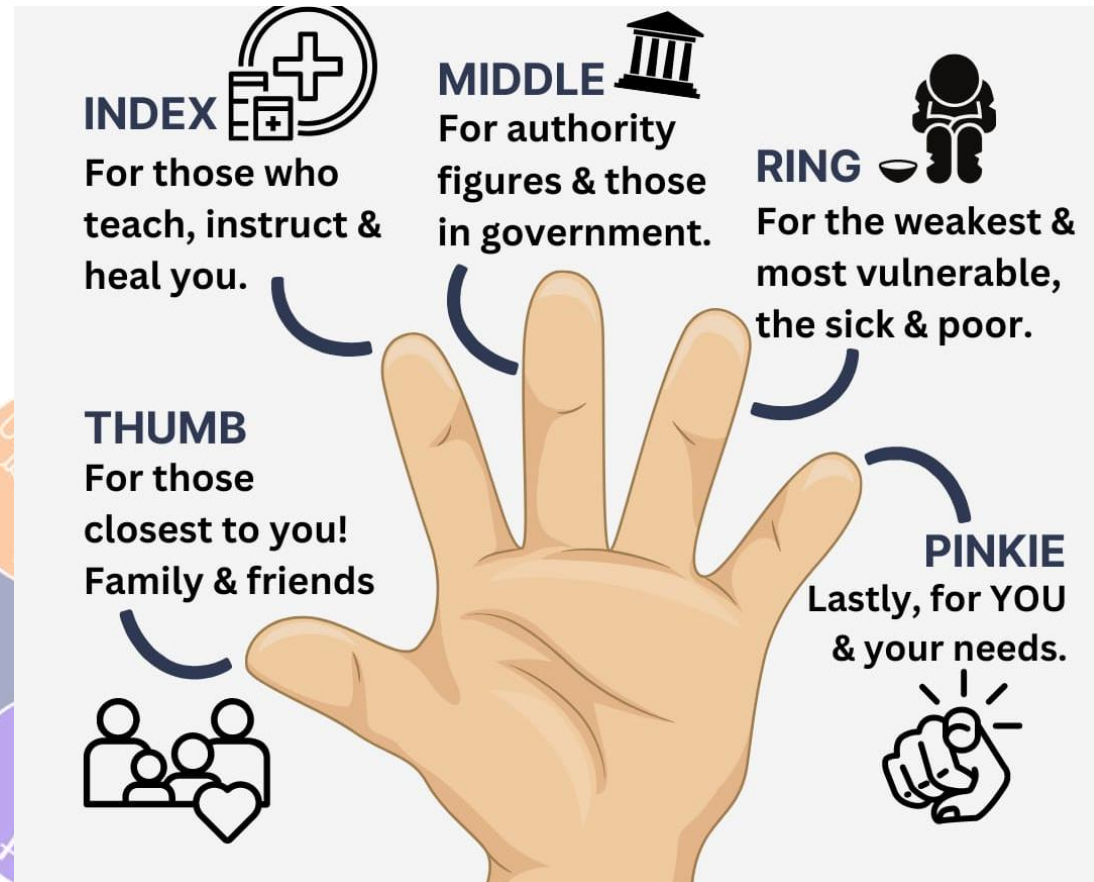
In the name of the Father, Son and Holy Spirit

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people **1 Timothy 2:1**





We live in a world where trust is often broken — in politics, in media, in relationships. But we can choose to be different. Through prayer, we remind ourselves that trust begins with honesty and care.



How can we help others to become more trusting?



October

9

**WE
GATHER**

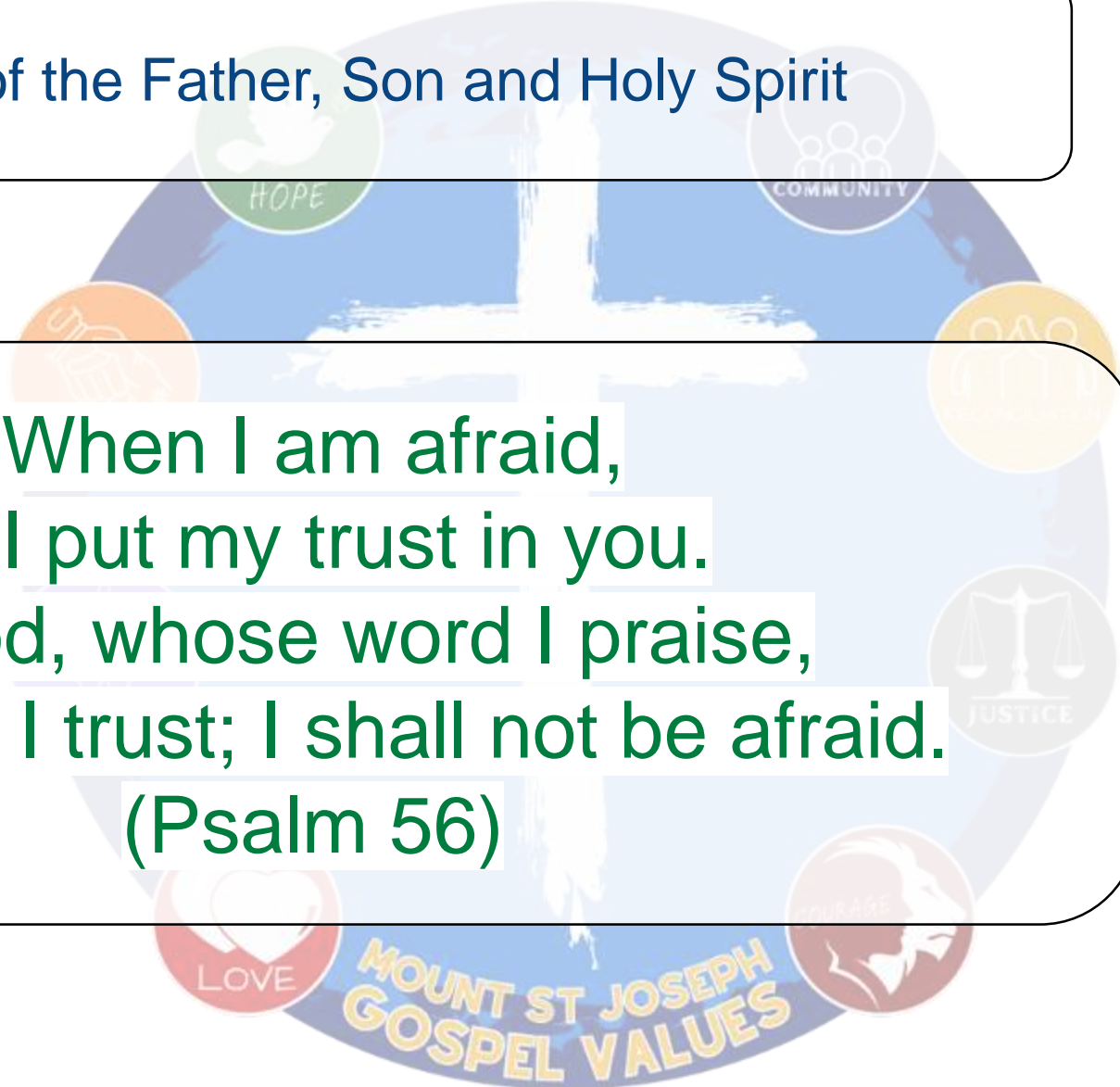


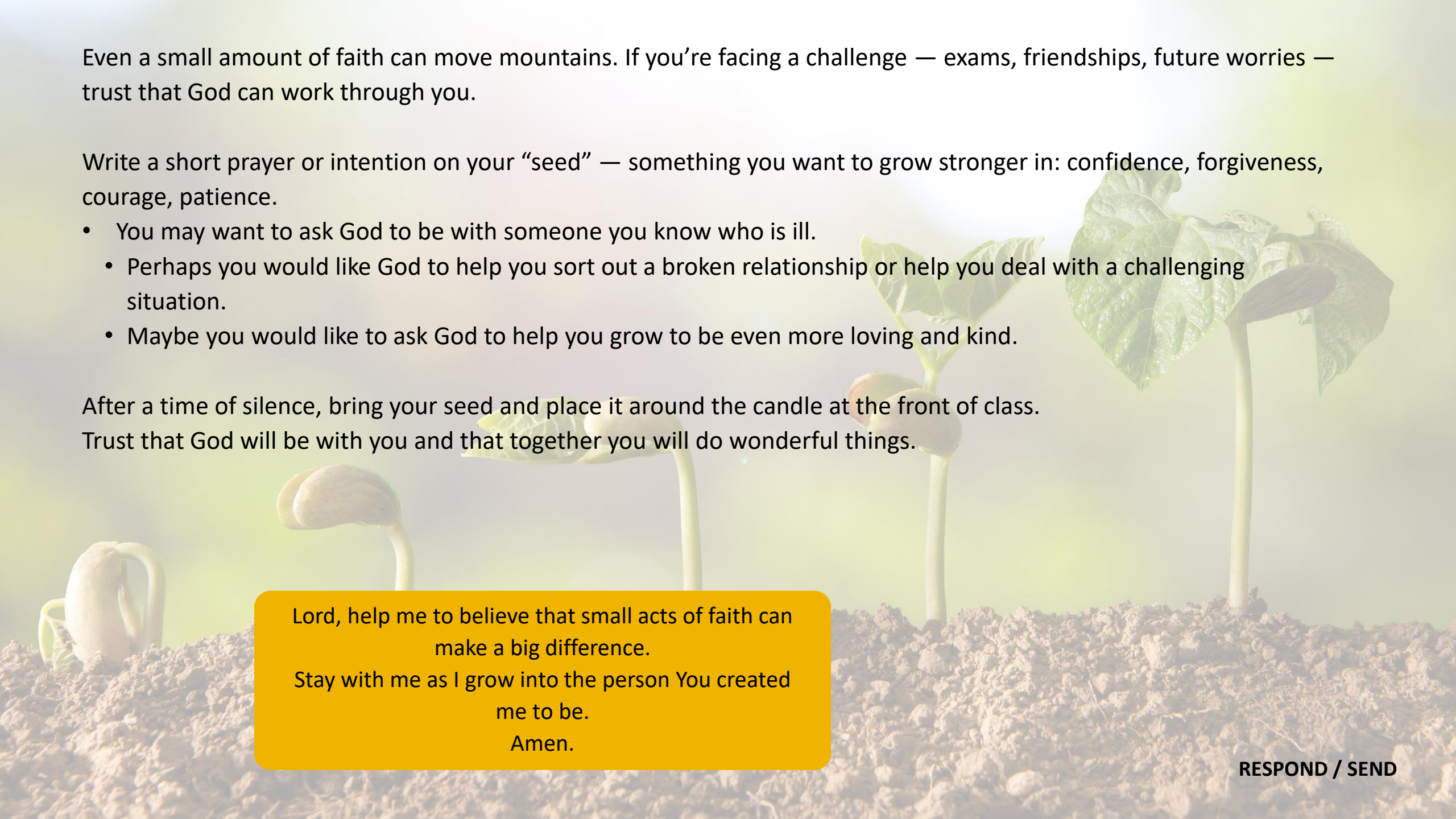
**WE
LISTEN**



In the name of the Father, Son and Holy Spirit

When I am afraid,
I put my trust in you.
In God, whose word I praise,
in God I trust; I shall not be afraid.
(Psalm 56)





Even a small amount of faith can move mountains. If you're facing a challenge — exams, friendships, future worries — trust that God can work through you.

Write a short prayer or intention on your “seed” — something you want to grow stronger in: confidence, forgiveness, courage, patience.

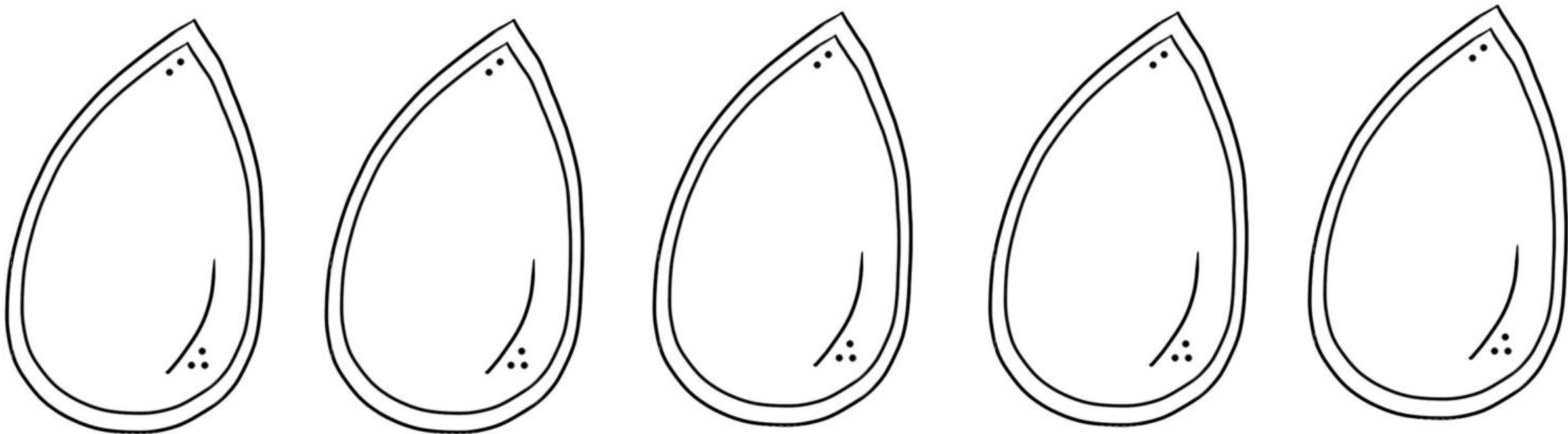
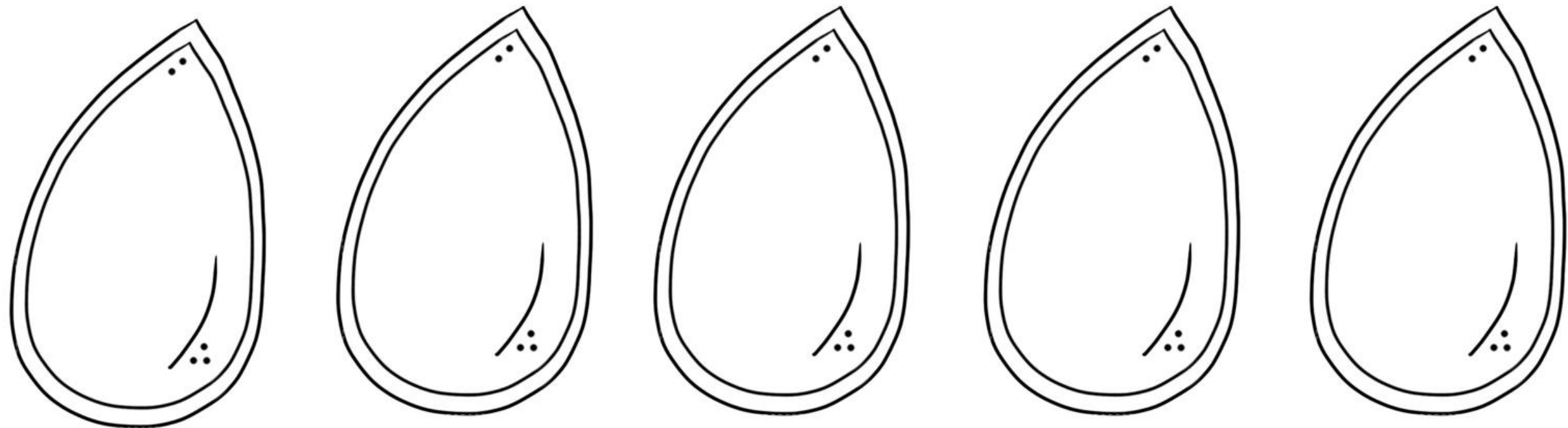
- You may want to ask God to be with someone you know who is ill.
 - Perhaps you would like God to help you sort out a broken relationship or help you deal with a challenging situation.
 - Maybe you would like to ask God to help you grow to be even more loving and kind.

After a time of silence, bring your seed and place it around the candle at the front of class. Trust that God will be with you and that together you will do wonderful things.

Lord, help me to believe that small acts of faith can
make a big difference.

Stay with me as I grow into the person You created
me to be.

Amen.



October

10

In the name of the Father, Son and Holy Spirit

What is most
difficult thing you
have ever done?



**WE
LISTEN**



The apostles said to the Lord, “Increase our faith!” And the Lord said, “If you had faith like a grain of mustard seed, you could say to this mulberry tree, ‘Be uprooted and planted in the sea’, and it would obey you.

“Will any one of you who has a servant ploughing or keeping sheep say to him when he has come in from the field, ‘Come at once and recline at table’? Will he not rather say to him, ‘Prepare supper for me, and dress properly, and serve me while I eat and drink, and afterwards you will eat and drink’? Does he thank the servant because he did what was commanded? So you also, when you have done all that you were commanded, say, ‘We are unworthy servants; we have only done what was our duty.’”



What are you worried about that's coming up in the next week?

Listen to the song and trust that God will help you with this issue.





Loving Father, Today, You remind us through the Gospel to place our trust in You. When life feels uncertain and worries fill our hearts, help us to remember that You are always with us—guiding, protecting, and providing what we truly need. Teach us to let go of our fears and to trust that Your plans are greater than our own. May we walk in faith, not by sight, believing that Your love never fails. Lord, strengthen our hearts to rely on You each day, to listen to Your voice, and to find peace in Your promise.