



*A community of learners,
believers and friends*



**ST TERESA
of CALCUTTA**
Catholic Academy Trust

Week 11 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



In the name of the Father, Son and Holy Spirit



WE
LISTEN



If we say that we have fellowship with him while we are walking in darkness, we lie and do not do what is true; but if we walk in the light as he himself is in the light, we have fellowship with one another.

1 John 1:7

*A community of learners,
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WE
GATHER



MOUNT ST JOSEPH
GOSPEL VALUES



Our School Prayer

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.

St Joseph – Pray for us

St Teresa – Pray for us



What does 'walking in the light' look like in 2025
for a teenager

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

BE STILL



This week our theme is endurance, Take a moment to reset, breathe, and slow your thoughts. Use the reflection script as a tool to refocus.

Are there things you are struggling with?
In our time of silence offer these to God.

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.



**WE
GATHER**



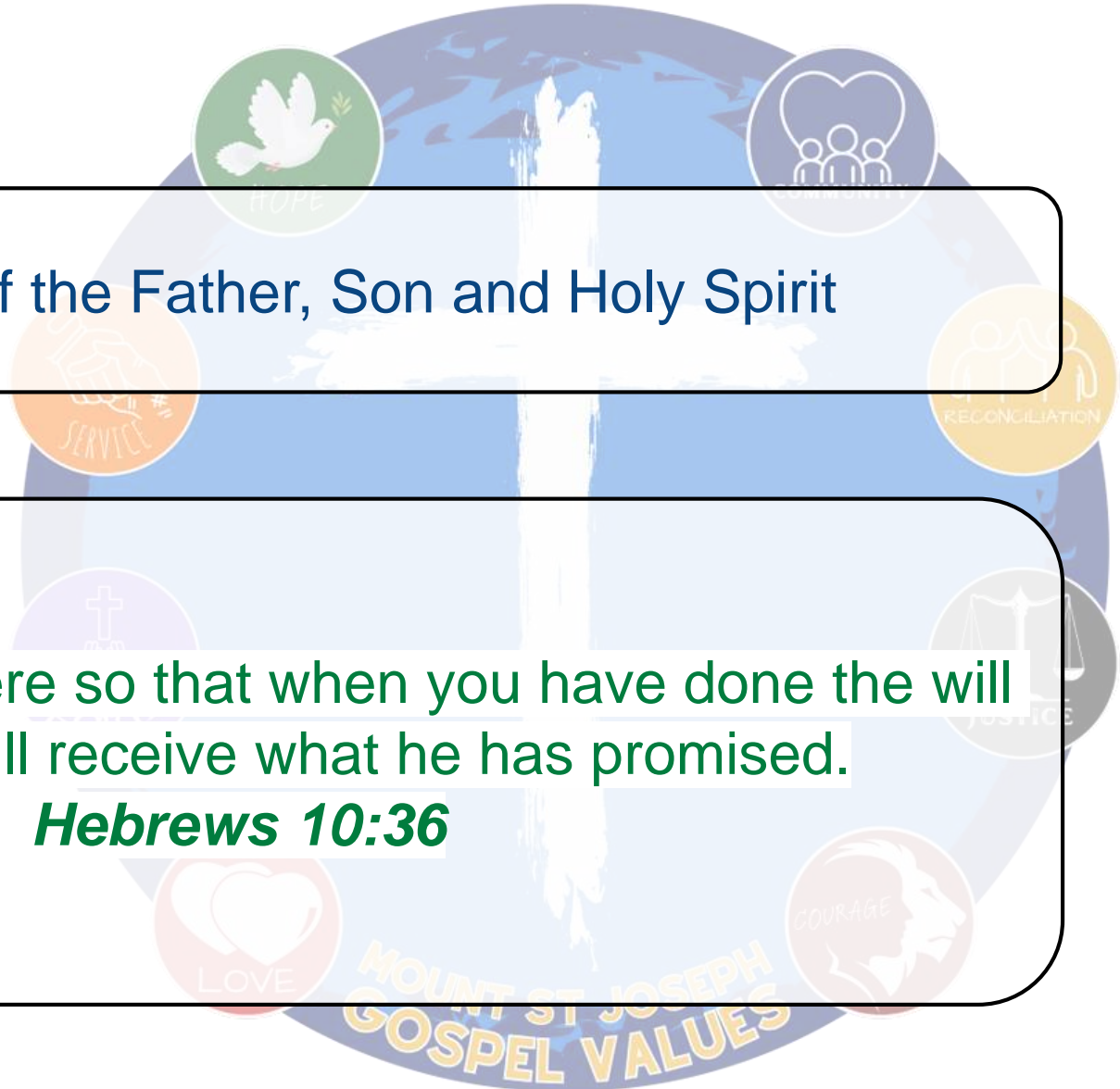
**WE
LISTEN**



In the name of the Father, Son and Holy Spirit

You need to persevere so that when you have done the will
of God, you will receive what he has promised.

Hebrews 10:36



**WE
RESPOND**



Dear God...

**WE
GO
FORTH**



When we pray, we bring to God all the things that are going on in our lives. You may have things you want to thank God for, or there maybe things that are worrying you.

Prayer is simply a conversation with God. Whether you're feeling overwhelmed, anxious, or just unsure of what to say, simply start with a heartfelt "Dear God" and let your prayers flow from there.

Try writing an actual letter to God. Writing a private letter or journal entry to God can help organise your thoughts and bring clarity

As we go through our day try and listen for God's reply

MOUNT ST JOSEPH
GOSPEL VALUES

November

20

**WE
GATHER**



In the name of the Father, Son and Holy Spirit

**WE
LISTEN**



- Each of us carries different kinds of pressure—academic, social, emotional. Faith invites us to trust even when situations feel overwhelming.
- Take some time to reflect about the things that make you anxious – and offer them to God.
- Trust in God's love.

**WE
RESPOND**



What do I need strength for this week?

**WE
GO
FORTH**



In the name of the Father, Son and Holy Spirit.
What do these pictures show?



MOUNT
GOSPEL VINE



WE
LISTEN



Luke 21:5-19

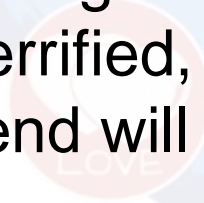
At that time: While some were speaking of the Temple, how it was adorned with noble stones and offerings, Jesus said, 'As for these things that you see, the days will come when there will not be left here one stone upon another that will not be thrown down.' And they asked him, 'Teacher, when will these things be, and what will be the sign when these things are about to take place?' And he said, 'See that you are not led astray. For many will come in my name, saying, "I am he!" and, "The time is at hand!" Do not go after them. And when you hear of wars and tumults, do not be terrified, for these things must first take place, but the end will not be at once.'



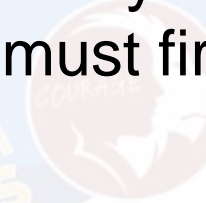
HOPE



COMMUNITY



LOVE



FAITH

SACRAMENTS
GOSPEL VALUES

**WE
LISTEN**



Luke 21:5-19

Then he said to them, 'Nation will rise against nation, and kingdom against kingdom. There will be great earthquakes, and in various places famines and pestilences. And there will be terrors and great signs from heaven. But before all this they will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors for my name's sake. This will be your opportunity to bear witness. Settle it, therefore in your minds, not to meditate beforehand how to answer, for I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict. You will be delivered up even by parents and brothers and sisters, and relatives and friends, and some of you they will put to death. You will be hated by all for my name's sake. But not a hair of your head will perish. By your endurance you will gain your lives.'



What can we learn from the story of St Sebastian that we can follow today?



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