



*A community of learners,
believers and friends*



**ST TERESA
of CALCUTTA**
Catholic Academy Trust

WB 22nd June 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



What does it mean to rest?





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



How can we incorporate rest into our week?
How will it help us as a community?



In the name of the Father, Son and Holy Spirit

Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.
Psalm 62:5-6

Visio Divina



Respond: Decide one small action or attitude you can take away from this reflection. How might this image shape your day or week?



In the name of the Father, Son and Holy Spirit



As you listen to “Rest on Us,” take a moment to be still. Pay attention to the words and think about where you need God's peace, strength, and rest in your life. Ask God to help you let go of your worries and open your heart to His presence.

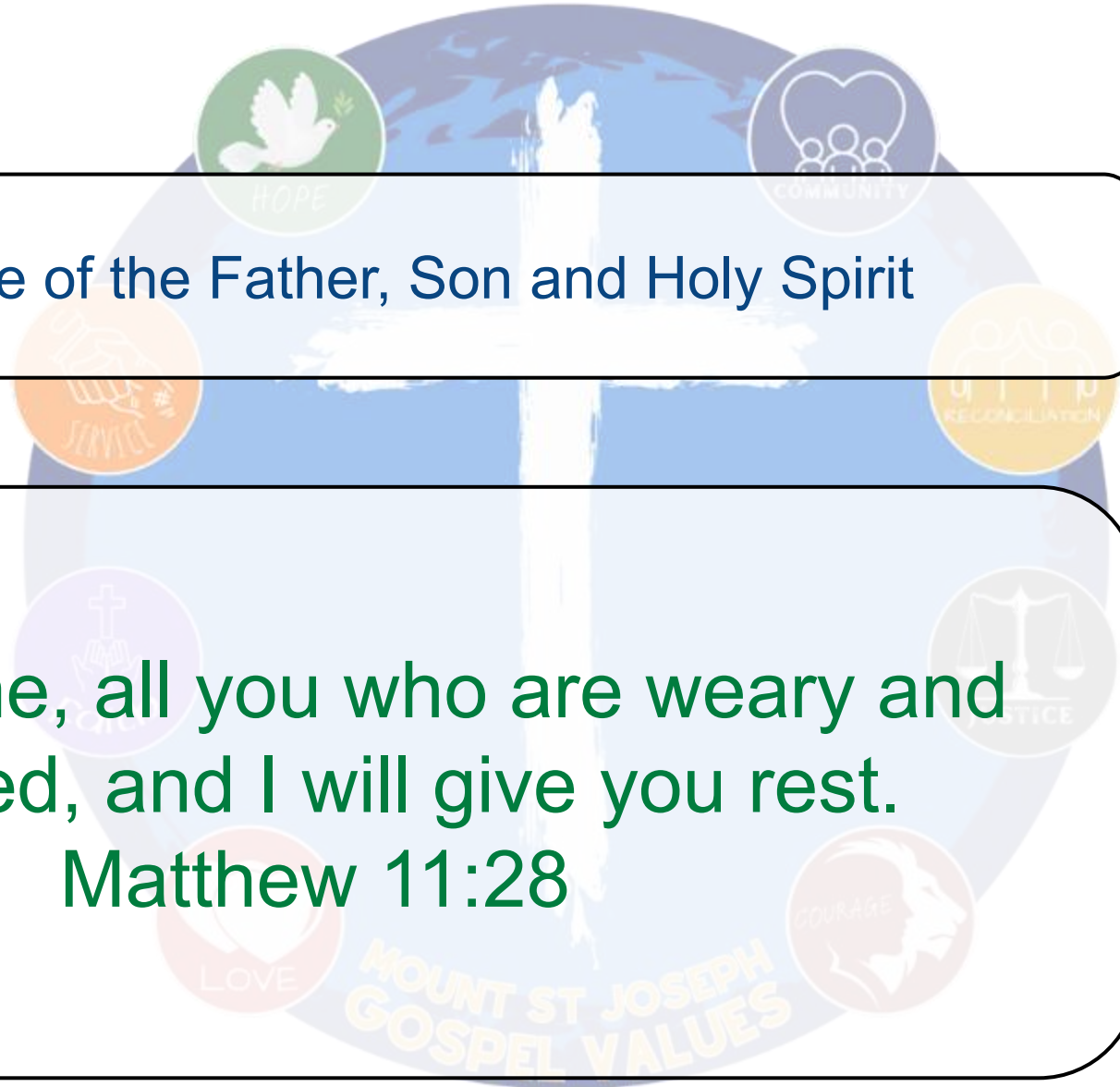


Thank You for being with us in every moment. Help us to find rest in Your presence and peace in Your love. Calm our worries, renew our strength, and guide us in the days ahead. May Your Spirit rest on us and fill our hearts with hope and joy.Amen.



In the name of the Father, Son and Holy Spirit

Come to me, all you who are weary and
burdened, and I will give you rest.
Matthew 11:28





[Stillness Script – Click here](#)

BE STILL

silence

Spend a couple of minutes in silent reflection, resting in God's presence



In the name of the Father, Son and Holy Spirit

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In the name of the Father, Son and Holy Spirit



Come to me, all who labour
and are heavy laden,
and I will give you rest.



Threads of Love by Sr Mary Southard



Gospel : Matthew 11:25-30

At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will.

All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

"Come to me... learn from me... my yoke is easy and my burden light."

In the ancient world, a yoke held two animals together. Jesus is telling us that he will be walking, beside us helping us in the work of life. Jesus will help us to carry any burden we have to bear.

Perhaps you know someone who is finding life hard in some way? Is there anyone you would like to pray for today?

In turn, say out loud the name of the person you would like to pray for.

Lord, we bring to you all the people we know who need your help. Help us to offer support where we can and give them your strength. Amen.

**WE
RESPOND**



**WE
GO
FORTH**

