

CathCom Reach

Turn

over

a

new leaf

New Beginnings

Lent is a time for New Beginnings – see pages 6&7 for a new angle on what to give up this lent, what to take on and how to spring clean your life so you can live life to the full!”



Something for everyone in this issue –
why not start talking about it at ...



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Things to do with the
children
P8-9



Pope Francis'
10 steps for
a happy, healthy
life
P10



Children's Lenten Calendar
Little Peace
P3



What to do with this paper:

- 1) Hand it out 
- 2) Let the children take out their section in the centre 
- 3) Put the rest of the paper in book-bags for the parents 
- 4) Use the school resources online www.CathComReach.com

Thunderstorm

A mother was walking her 3 children home from school. as she was walking the rain started to come down. They sped up to try and get home as quickly as possible. Then there was a flash of lightening and the youngest girl stopped in her tracks. The mother turned round ready to comfort her daughter assuming she was scared – instead she saw her looking up at the sky smiling and straightening her hair. The mother grabbed her hand and caught up with the other children.

The same thing happened two more time – until finally the mother asked what the girl was doing. The girl said “I’m trying to look nice”.

“WHY?” replied the mother just as there was another flash of lightening.

“Because God’s trying to take my picture!”



Find a Church this Easter...

www.catholicdirectory.org

If you don't
believe in
miracles,
perhaps it's
because you
have forgotten
you are one.

FOLLOW US ON

Dear Reader

For me, in the past, Lent has been, a little like the New Year. Resolutions and turning over a new leaf!! I know I should be a little more 'saintly' in my attitude to Lent, but I have always found Lent tricky. It says to me: 'NEW BEGINNINGS'.

This Lent I thought I would spend some time each day following Jesus's life as He went about His daily tasks/work.

The last year has been extremely challenging for me – if things could go wrong, they did!!! I think to myself, 'this is not what life should be like'. But Jesus also met with enormous demands and difficulties, but He always managed to take time to go away to a quiet and peaceful place, to pray, to think, to look at creation.

So this Lent, shall we follow Him as He goes through each day and watch to see how He dealt with the demands of life and the challenges He faced? Let's sit with Him as He watches the sunrise, the sunset, the trees/flowers dancing to the tune of life. And, as we go to visit the new born Babe at Christmas, shall we join the women who went to the tomb in the quiet garden early on that wonderful Easter morning? We will find the tomb empty, but we will KNOW that Jesus, our Lord is showing the world, especially you and I, that NEW BEGINNINGS are hugely possible.

I hope you find great joy and happiness and take up the challenge of a new beginning!!

Happy Easter!

Annie
Member of the Editorial Team

Dealing with ... Grief



Whether it is our parents, another member of the family or a friend – losing a loved one is one of the hardest thing that we all have to cope with in life. Sarah Smith, a bereavement counsellor from Trinity Hospital, gives some guidance on how to manage and accept the feelings of grief and how to help our children do the same.

Bereavement affects people in different ways. There's no right or wrong way to feel. "You might feel a lot of emotions at once, or feel you're having a good day, then you wake up and feel worse again," says Sarah, who works at Trinity Hospice in London. She says powerful feelings can come unexpectedly. "It's like waves on a beach. You can be standing in water up to your knees and feel you can cope, then suddenly a big wave comes and knocks you off your feet."

Experts generally accept that there are four stages of bereavement:

- accepting that your loss is real
- experiencing the pain of grief
- adjusting to life without the person who has died
- putting less emotional energy into grieving and putting it into something new (in other words, moving on)

You'll probably go through all these stages, but you won't necessarily move smoothly from one to the next.

Your grief might feel chaotic and out of control, but these feelings will eventually become less intense. Give yourself time, as they will pass. You might feel:

- shock and numbness (this is usually the first reaction to the death, and people often speak of being in a daze)
- overwhelming sadness, with lots of crying
- tiredness or exhaustion
- anger, for example towards the person who died, their illness or God
- guilt, for example guilt about feeling angry, about something you said or didn't say, or about not being able to stop your loved one dying

"These feelings are all perfectly normal," says Sarah. "The negative feelings don't make you a bad person. Lots of people feel guilty about their anger, but it's OK to be angry and to question why."

She adds that some people become forgetful and less able to concentrate. You might lose things, such as your keys. This is because your mind is distracted by bereavement and grief, says Sarah. You're not losing your sanity.

The GOV.UK website has information on what to do after someone dies, such as registering the death and planning a funeral.

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Please send articles for publication by email supplying photos separate to the text (i.e. in jpeg format).

The full articles can be found at:

www.nhs.uk/Livewell/bereavement

As well as information about:

- Losing my Mum"
- Bereavement and young people
- Losing a baby

- Losing someone close through suicide
- Coping with grief after the death of a parent
- Siblings and Bereavement

These articles also have supporting videos of other people's stories and links to other resources.

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Coping with grief

Talking and sharing your feelings with someone can help. Don't go through this alone. For some people, relying on family and friends is the best way to cope. But if you don't feel you can talk to them much (perhaps you aren't close, or they're grieving too), you can contact local bereavement services through your GP, local hospice, or the national Cruse helpline on 0844 477 9400.

A bereavement counsellor can give you time and space to talk about your feelings, including the person who has died, your relationship, family, work, fears and the

future. You can have access to a bereavement counsellor at any time, even if the person you lost died a long time ago.

Don't be afraid to talk about the person who has died. People in your life might not mention their name because they don't want to upset you. But if you feel you can't talk to them, it can make you feel isolated.

Anniversaries and special occasions can be hard. Sarah suggests doing whatever you need to do to get through the day. This might be taking a day off work or doing something that reminds you of that person, such as taking a favourite walk.



Please let your school know what you think of the paper

Children and Grief

If your child has a loved one who's dying

If a child has a loved one who is going to die, they can benefit from special support.

Sarah Smith, bereavement counsellor at London's Trinity Hospice, says: "Hospices offer pre-bereavement care to help patients and their family in the run-up to the end of life. We especially encourage this for children because children's stress levels are at their highest before bereavement because of fear and the unknown."

Pre-bereavement care gives the child a chance to think and talk about their feelings, and to share their worries.

If you're a parent and you know you're going to die, Sarah suggests thinking about making a memory box to give to your child, or making one together. This is a box containing things that remind you both of your time together. It can provide an important link between you and your child

once you've gone.

If a child has lost a loved one

During bereavement, it can help a child to talk about the person who has died, whether it was a grandparent, parent, brother, sister or friend. "Sharing and talking about emotions and about the person is important, especially for children," says Sarah. "If they have lost a loved one, it's important to have someone with whom they can talk about that person. It could be through photos, games, memory boxes or stories."

If the person who has died didn't leave a memory box, Sarah suggests making one with your child. It can include gifts, shells collected on the beach, memories written on a card or anything that makes the child feel connected to that person.

You can find out more about children and bereavement on the Childhood Bereavement Network.

The Cruse Bereavement Care helpline is on 0844 477 9400.



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Evening

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Lent is a time for New Beginnings

Lent is the forty-day season of fasting, special prayer and giving to the poor in preparation for Easter. The name "Lent" means spring; its more primitive ecclesiastical name was the "forty days," most likely in imitation of Jesus' fast in the desert before His public ministry. There are 40 days starting on Ash Wednesday – excluding Sundays which are a celebration of Easter.



GIVE UP

What are you doing for Lent this year?

Ask Catholics what they're doing for Lent this year, and they'll probably tell you that they are giving up a favourite food, a favourite pastime or anything else that they love doing but isn't essential in their lives.

Giving up something for Lent fosters self-discipline and tempers our desires. It is a form of fasting. It is a form of penance. It promotes spiritual growth. If you're giving up something for Lent, that's great!

But perhaps we should also think about giving up something that we do as well as something we have.

Why not FAST FROM:

speaking ill of anyone – even if it is justified. Pray for them instead.

putting things off- if there's something you need to do, do it in a way that is pleasing to God.

making excuses – do what is asked of you.

focusing on ourselves – think about how we make others around us feel

technology – reduce TV, surfing the Internet, playing video games.

whining – if something disappoints you, offer it to God and trust him with it



TAKE ON

Most people think of Lent as a time for giving something up.

But we should also think about the possibility of doing something positive to bolster our spiritual life and make the world a better place.

This is a great opportunity to start something new – Spring, Lent and Easter are all about new life and new beginnings – perhaps we can look for ways that we can increase our knowledge of our faith, strengthen our spiritual life or perform special acts of kindness at home, at work or in our parish.

The Catholic Church is rich in traditions – traditions that are alive and developing not unchangeable and holding us back. Perhaps we should look at developing our own traditions for lent in our family – so that when our children are older they remember what they used to do during lent when they were young. As an example it could be:

A commitment to say prayers together at night, or before meals.

- Visit someone each week who is on their own
- Help at a homeless shelter
- Read a passage of the bible as a family each day leading up to Easter.
- Everyone put a pound of their pocket money each week (including mum and dad!) into a jam jar – and decide together which charity it should go to.
- Say something nice to each other at the dinner table
- At dinner time, ask the other people in the family about their day.
- Be positive about life.
- If you don't go to Church each week, make the commitment to go during Lent – and maybe take the children for a little treat afterwards if they are good.
- Go to confession as a family during lent.

You don't need to have a degree in religious education to come up with a Lenten tradition that suits your family.

This will be something your children remember forever.

Why not try the Night Before Easter on the back page as a new Easter tradition for your family.

Little Peace



Spring 2015

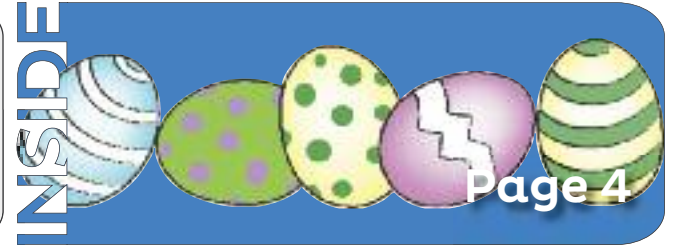
Easter Word Search

PIERCEDS
IASLRURP
ECSASATK
CNESCIBL
EPDWORNB

Page 2

PALM SUNDAY MAZE

Page 3



Page 4

Preparing for Easter

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 2nd Ask Jesus to help you get closer to him so you can understand Him better & be more like Him this Lent.	March 3rd Station 1: Jesus is told He will die 	March 4th Say the Our Father and the Hail Mary before you go to sleep	March 5th Station 2: Jesus carries the cross 	March 6th Thank God for your classmates and your teachers	March 7th Station 3: Jesus falls the 1st time 	March 6th Go to Church and try to really understand everything that happens
March 9th Station 4: Jesus meets His mother 	March 10th When your family get home ask them how their day was	March 11th Station 5: Simon helps carry the cross 	March 12th Talk to someone different at school - someone you don't normally talk to	March 13th Station 6: Veronica wipes Jesus' face 	March 14th Many children in our world will not have a meal today and will be hungry all day. Say a prayer for them	March 15th Put some of your pocket money in a collection box for the poor at Church
March 16th At the end of the day stop and think about whether there was anything you could have done better	March 17th Station 7: Jesus falls the 2nd time 	March 18th Ephesians 5:8-11 "Live as children of light" PRAY that our actions this Lent will be pleasing to God.	March 19th Offer to clear up after dinner - while you do it thanks God for the food you have just had	March 20th Station 8: Jesus comforts the woman 	March 21st Count how many drinks you have today - imagine if you had to walk miles to get a bucket of water when you need a drink	March 22nd World Water Day Thank God that you have clean water and you can drink without having to worry about getting ill
March 23rd Station 9: Jesus falls for the 3rd time 	March 24th Tidy your bedroom - while you do it think about those who do not have a house to live in	March 25th Station 10: Jesus' clothes are taken away 	March 26th Even if you get cross with your family - thank God for them & for those that look after you	March 27th Station 11: Jesus is nailed to the cross 	March 28th Say a prayer asking Jesus to help you understand everything that happens in Holy Week	March 29th Palm Sunday Do the Palm Sunday Activity in this paper
March 30th Say a prayer for all those who are on their own and have no one to look after them	March 31st Offer to lay the table for dinner - while you do it think about those who are hungry today	April 1st Do something kind for someone in your family as a way of thanking God for your family	April 2nd Maundy Thursday Ask Jesus to help you to understand how important the Mass is	April 3rd Good Friday Think about Jesus - he died because he loves us Station 12: Jesus Dies 	April 4th Holy Saturday Think how Jesus' friends felt without Him Stations 13&14: Jesus is taken down from the cross & buried 	April 5th EASTER SUNDAY  CELEBRATE JESUS IS RISEN!!

Easter Word Search



ANGELS
APOSTLES
BETRAYAL
BLOOD
CALVARY
CROSS
CROWN OF THORNS
CRUCIFIXION
DARKNESS
DEATH
EARTHQUAKE
EASTER
GOLGOTHA
HIGH PRIEST
JESUS CHRIST
JOSEPH
JUDAS ISCARIOT
KING
LAMB

MARY
NAILS
PASSOVER
PIECES OF SILVER
PIERCED
PILATE
RESURRECTION
ROBE
ROMANS
SACRIFICE
SIMON OF CYRENE
SOLDIERS
SON OF GOD
SPEAR
STONE
TEMPLE
THIEVES
THREE DAYS
TOMB

Prayer:
Lord, please show me what I
should give up for Lent
And when I've given it up
Remind me to pray to You
instead
To thank You
To love You
To hear from You
Each and every day in Lent
Amen



Easter Dot-to-Dot



So he delivered him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha.
(John 19:16-17)

Resources

Go to www.CathComReach.com/teachers

See the website for some Lent and Easter Classroom activities

What's Lent for?

Lent gives us 40 days to get ready for Easter. Many people give things up during lent – often they give us some kind of nice food – which they call fasting.

You could try giving up something else that you do rather than something you eat. Maybe:

- things that make people sad.
- Getting Angry
- Not listening
- Putting ourselves first

It is also our chance to do something extra – perhaps to pray to God a bit more, to think of those who are hungry or to help people around us.

Lent is like a New Beginning! Try it out by using the Lenten calendar each day!

PALM SUNDAY MAZE



Winners of the Christmas Tree Colouring Competition

Congratulations and a huge THANK YOU to ALL those who took part



See the slideshow on our website at www.cathcomreach.com/Christmas

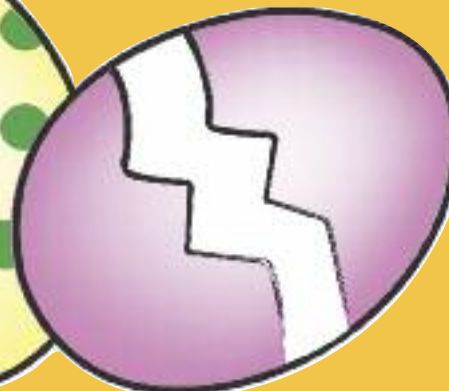
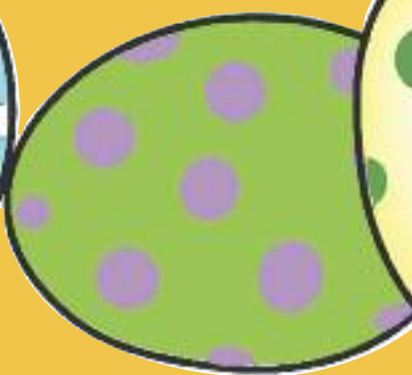
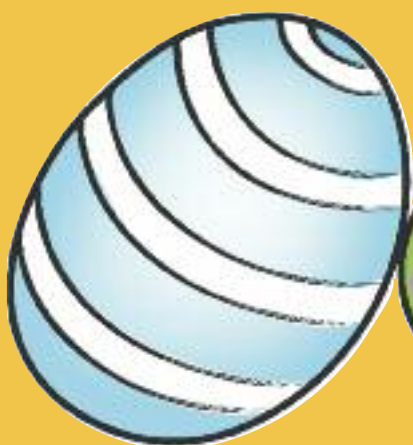
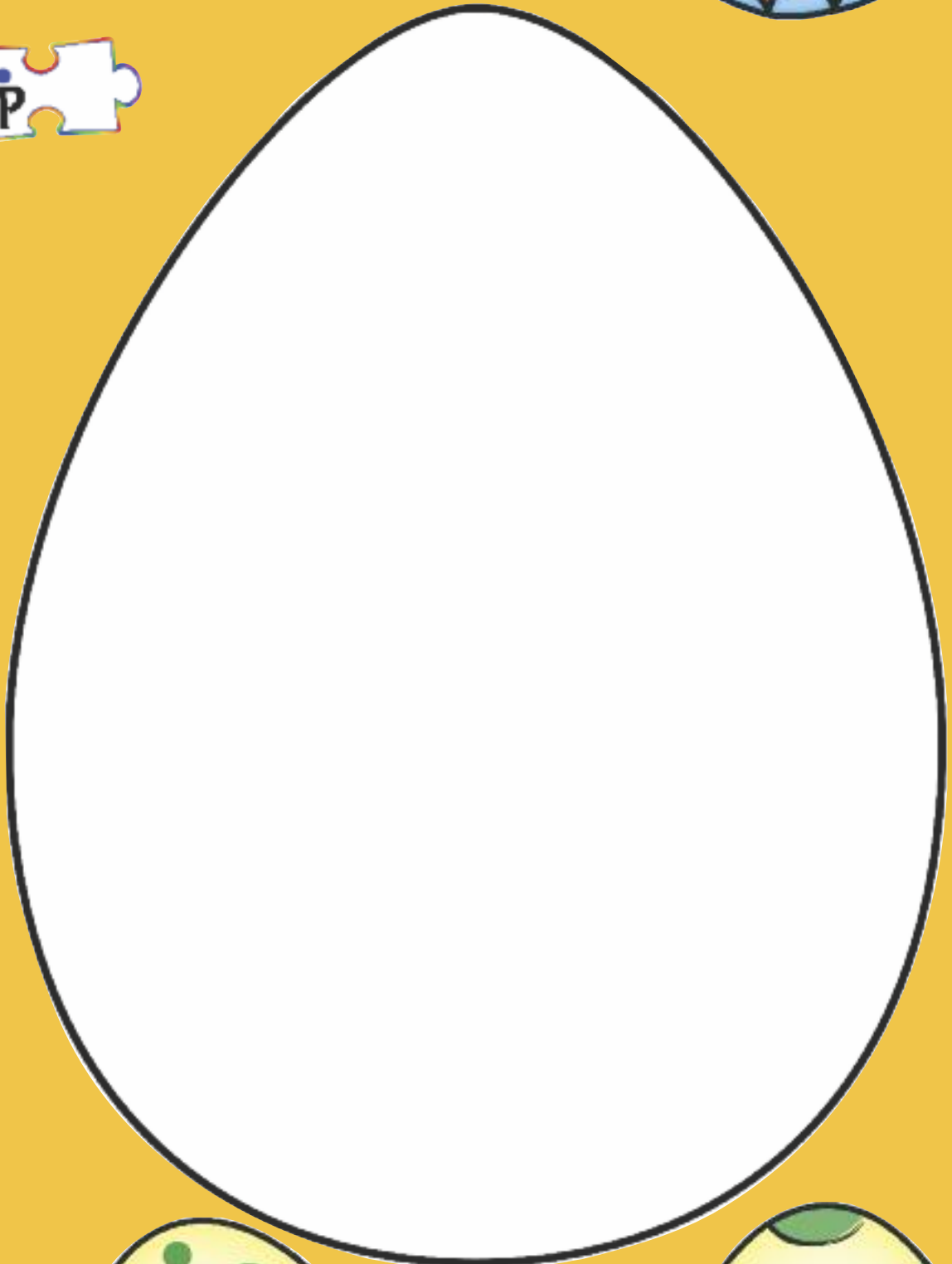
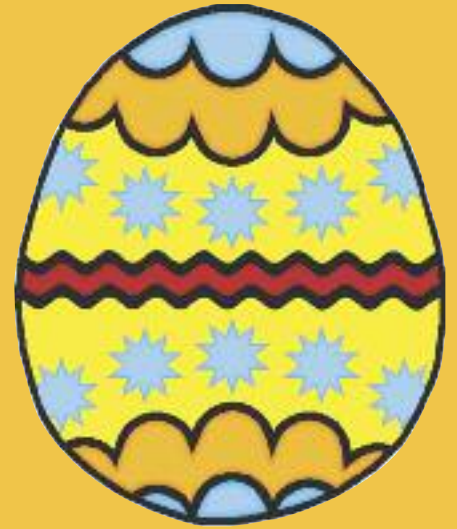
Easter Colouring Competition

Do you want to see your colouring on our website and maybe in the next issue of Little Peace?



Please send you entries to:
CathCom Reach
N2 Blois Meadow Business Centre,
Steeple Bumpstead,
Haverhill,
Suffolk
CB9 7BN

Or email them to
competition@cathcomreach.com
Look out for the gallery at
www.CathComReach.com/Easter
from 23rd March





CLEAN UP

Why not use the rest of lent as an opportunity to have a fresh start...

8 Ways to spring clean your life

- 1) Go to confession – sometimes we don't like to go and we think of confession as a negative thing. But confession, also known as reconciliation gives us three opportunities: to wipe the slate clean, to start a again, and bring ourselves and God back together.
- 2) Say YES to something that you would normally say NO to – sometimes we automatically say no to something because we think it will be too complicated, difficult or challenging. Why not say yes to one of those things today!
- 3) Speak to someone you don't normally speak to – take the time to have a look around today and make the effort to step out and talk to someone different – perhaps someone you see at work or at the school gate but never say more than "hi" to. It might be the beginning of a new friendship or it could be that no one normally speaks to them.
- 4) Look at your friendships – try and find some time today to look at the relationships you have with the people around you. Think about how each of your friends make you feel. Spending time with some friends may not leave you feeling positive about yourself, your friends or those around you. It may be that some people you don't know very well make you feel very positive about life when you've spoken to them. Try and spend more time with those people that make you feel positive and less time with those that don't.
- 5) Many of us spend a lot of time making sure our children get to activities and clubs so they can explore their skills and talents. How often do we think of doing the same for ourselves? Why not think about what you are good at or, even better, what you might be good at if you tried. Then see if there is a class or a club you can join.
- 6) Rearrange your diary so you can have some space to think about your life, about Lent, about your faith and about your goals in life. But also spend some of that time just being peaceful – you will probably find it makes a difference to the rest of the day. See if you can do this more regularly
- 7) Clear out that cupboard/drawer! Most of us have a part of the house where we dump things that we feel we should keep but we don't know where to put it. This weekend let the house get messy – its only one weekend – and tackle that cupboard or drawer. You'll really appreciate the fact that everything doesn't fall out each time you open it.
- 8) Sort out your finances – whether its debts we don't want to think about or money that comes out of our account for things we don't use any more. Work out how you can best use your money and take control of it – don't let it control you.

Once a man was asked "What did you gain by regularly praying to God?"

The man replied: "Nothing...but let me tell you what I lost:

Anger

Ego

Greed

Depression

Insecurity,

And fear of death."

Sometime the answer to our prayers is not gaining but losing; which ultimately is the gain.

Prayer:

Forgive those things we have done which have caused you sadness, and those things we should have done that would have brought you joy. In both we have failed ourselves, and you.

Bring us back to that place where our journey began, when we said that we would follow the way that you first trod. Lead us to the Cross and meet us there.

Testing Materials



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Things to do with the children

Whether your children are arty, sciencey, creative or love writing – there's something to do for everyone.

Idea 1: Create an adventure bucket

Get a bucket and label it "Adventure Bucket"

Take the children out for a walk and get them to find interesting things to go into the bucket.



Talk about the things they put in the bucket and inevitably the things they want to put in but can't – like the neighbour's cat.

Try and find things that you could make into a picture when you get home. (Idea 2)

Also, try to find some light coloured flowers that you can take (again not from the neighbour or a flower bed in the high street, but something wild – even if it is just some daisies. (Idea 3)

Find some pine cones – see who can find the biggest one or the most perfect one – then you can make birdfeeders with them (Idea 4)

You can also write or draw about what you found (Idea 8)

Idea 2: Create a picture using outdoor objects



Use the items you collected in your "Adventure Bucket" to create a Spring picture.

You can use flowers, grass, leaves, twigs, shells, small stones etc.

All you need is a piece of card or paper and some glue.



Idea 3: Colour some flowers

Use a jam jar, vase or a glass and put some water in it.

Then colour the water with a few drops of food colouring.

Stand the flower up in the water as you would do normally.

Gradually the petals start to go the same colour as the water.

(You will be able to see the change better if you use a flower with light coloured petals)

You could even try carefully slicing down the middle of the stem so you can put half the stem in one colour and half in another



Idea 4: Make a Birdfeeder

Get a pine cone and tie some string around the top so you can hang it from a tree (make sure the string is long enough to tie it to a tree like a Christmas tree bauble or a hook or a post)

Using a blunt knife get the children to cover the pine cone in peanut butter. Roll it in birdseed – then hang it in the garden and wait for the birds.





Idea 5: Stack Liquids

Get a jam jar and pour some honey into the bottom of it (about 1cm should do) – make sure it doesn't touch the sides – if it does just wipe it with tissue.

Then very slowly pour the same amount of washing up liquid – but use some that is a different colour to the honey.

Get a beaker of water and add a few drops of food colouring so it is a different colour to the washing up liquid and the vegetable oil.



Very carefully pour this down the side of the jam jar (on the inside of the jar). Ideally if you have a baster or a syringe you can very slowly squirt it down the side of the jar. If you don't have a syringe or baster you could try using a spoon against the inside edge of the jam jar.

Finally pour vegetable oil on top – again very carefully using the same method as above. You may need to dry the side of the jam jar and the baster/syringe /spoon before using it for the oil.

Talk with the children about why the liquids stay where they are. Explain that the some liquids are lighter than others and so they will sit on top of the heavier liquids.

You could carefully drop some objects into the jam jar to see what happens – for example a nail or a bolt, something plastic, a cherry tomato and a ping pong ball. You could ask the children what they think will happen before you drop each one in.

Idea 6: Plant something

Whether you have a huge garden, a window box, a space outside the backdoor or a windowsill – you can use that space to plant flowers, herbs or vegetables – which is a great activity and helps the children learn how plants grow.

Think about what space you are going to use – if you don't have a huge garden you may have to be a bit more creative:

You could use a window box, a plant pot on a windowsill or even an old pair of wellies and fill them with mud.



The smaller the space the greater the challenge. Check out these ideas:

You can see more at: www.my-first-house.com/quirky-furnishings/cool-plant-pots/



Idea 7: Write or draw about your adventure bucket

When you get back from exploring with your adventure bucket talk about everything you saw and picked up.

Get the children to write or draw about the things they found most interesting.

They could write about the thing itself or a story based on it.

Or they may have learned something else while they were out because of the things they saw.



Idea 8:

BEFORE YOU GO OUT MAKE A PICNIC!

It doesn't have to be fancy – just some sandwiches or whatever you would have had for lunch at home.



Many more ideas on:

<http://www.mykidsadventures.com/indoor-outdoor-spring-activities/>

<http://www.mrprintables.com>

<http://www.mykidsadventures.com>

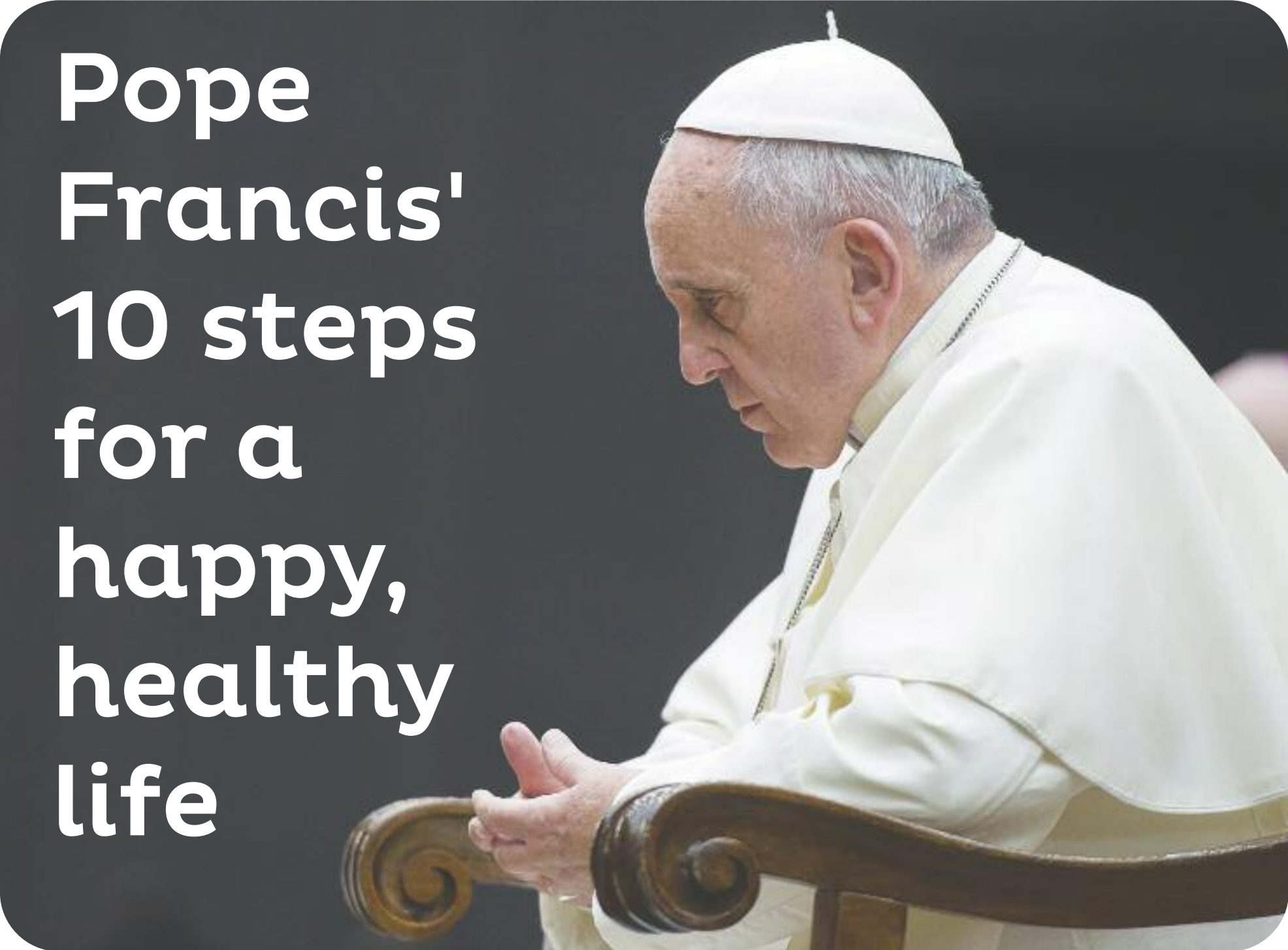


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1.

“Live and let live.” Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, “Move forward and let others do the same.”
2.

“Be giving of yourself to others.” People need to be open and generous toward others, he said, because “if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid.”
3.

“Proceed calmly” in life. The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist – gaucho Don Segundo Sombra – looks back on how he lived his life.
4.

A healthy sense of leisure. The Pope said “consumerism has brought us anxiety”, and told parents to set aside time to play with their children and turn off the TV when they sit down to eat.
5.

Sundays should be holidays. Workers should have Sundays off because “Sunday is for family,” he said.
6.

Find innovative ways to create dignified jobs for young people. “We need to be creative with young people. If they have no opportunities they will get into drugs” and be more vulnerable to suicide, he said.
7.

Respect and take care of nature. Environmental degradation “is one of the biggest challenges we have,” he said. “I think a question that we’re not asking ourselves is: ‘Isn’t humanity committing suicide with this indiscriminate and tyrannical use of nature?’”
8.

Stop being negative. “Needing to talk badly about others indicates low self-esteem. That means, ‘I feel so low that instead of picking myself up I have to cut others down,’” the Pope said. “Letting go of negative things quickly is healthy.”
9.

Don’t proselytise; respect others’ beliefs. “We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: ‘I am talking with you in order to persuade you,’ No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytising,” the Pope said.
10.

Work for peace. “We are living in a time of many wars,” he said, and “the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive” and dynamic.

Think before you vote

In a press conference to introduce the position of the Catholic Church in England and Wales ahead of the general election, Cardinal Vincent Nichols has cited 5 key subject areas which he and the other senior members of the church are urging people to consider before they vote in May.

A letter explaining the issues as the Church sees them and in each case posing the question 'what does your candidate think about...', is being distributed to over 700,000 parishioners through their local churches. In contrast to the approach taken by the Church of England, the letter does not cover specific policy areas but seeks to guide people as to the type of questions they should ask themselves and their candidates.

The key issues are:

- Dignity of the person - from conception to natural death, the Church is reinforcing its opposition to abortion and euthanasia under any circumstances. It is also promoting the right of the poorest in society to a good quality, well rounded education
- Religious freedom - we are being asked to consider how people of faith are regarded in society and to recognise the role that faith can play in public life
- Crisis of trust - the Church recognises that public opinion of institutions from politics to banks is at an all time low and is urging participation in a shared communal life to rebuild the lost trust
- Creativity - enterprise and the private sector can bring much to society but only if people are treated fairly
- Solidarity - both nationally and internationally the Church wants us to see ourselves as part of a wider community and get involved with issues of social injustice wherever they occur

A million sold and voted the UK's favourite Fairtrade Egg!

Introduced in 2010, The Real Easter Egg was initially turned down by supermarkets as they were unsure that a 'faith egg' would sell. How wrong they were. Last year, in a national poll, the Real Easter Egg was voted the UK's favourite Fairtrade egg and more than a million Real Easter Eggs have been sold!

The Real Easter Egg is still the only Fairtrade egg with a copy of the Easter story in each box. There is also a charitable donation for every 150g egg sold. More than £140,000 has been donated from sales. It also supports farmers and producers in the developing world by using Fairtrade chocolate. Each year the content of the Real Easter Egg changes. This year blue egg has a unique 3ft storybook/banner, the Premium Peace Edition contains an olive wood key ring made in Bethlehem and there is a dairy free dark chocolate egg.

David Marshall, who heads up the Meaningful Chocolate Company, said; "The Real Easter Egg campaign aims to establish giving a Real Easter Egg as a tradition. We can be found in Tesco, Waitrose and Morrison's or buy from us online at www.realeasteregg.co.uk."



Over the coming weeks there will be a series of short videos on the Bishops Conference website which cover each of these areas in more detail and there will also be written articles for people to read and upon which they can reflect.

If one thing stood out from the Cardinal's message it was the principal that everyone should get involved with these issues by asking questions and engaging with politicians. Many people feel disillusioned by politics and the question was put, 'does the Cardinal feel that it is ever acceptable not to vote?' No. 'Stir yourself' was his reply - the issues at hand are difficult but apathy and disillusionment are no excuse for not asking question and seeking responses.



Out of the 80 million Easter eggs sold each year, The Real Easter Egg is the only one with the Easter story in the box.

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You can buy direct from us online at www.realeasteregg.co.uk, from Traidcraft, EDEN, TLM and some independent shops. Original 150g egg available from selected supermarkets. Dark, Sharing box and Premium available direct.



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Some cookies that you can make with the children just before bed on the night before Easter

You will need:

1 cup of whole pecans
1 tsp. vinegar
3 egg whites
pinch salt
1 cup of sugar
sandwich bag
wooden spoon
tape
Bible

Preheat oven to 300 degrees (this is important – do it now not halfway through!)

Place pecans in the sandwich bag and let children beat them with the wooden spoon to break them into small pieces. After Jesus arrested, He was hit by the Roman soldiers. *John 19:1-3.*

Let each child smell the vinegar. Put 1 tsp. vinegar into mixing bowl. When Jesus was thirsty on the cross, He was given vinegar to drink. *John 19:28-30.*

Add egg whites to vinegar. Eggs represent life. Jesus gave His life to give us life. *John 10:10-11.*

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. This represents the salty tears shed by Jesus' followers. *Luke 23:27*

So far, the ingredients are not very appetizing. Add 1cup sugar. The sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. *Psalms. 34:8 and John 3:16.*

Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. The colour white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. *Isa. 1:18 and John 3:1-3.*

Fold in the broken pecans. Cover a baking tray in greaseproof paper and drop teaspoons of the mixture onto it. Each mound represents the rocky tomb where Jesus' body was laid. *Matt. 27:57-60.*

Put the cookie sheet in the oven, close the door and turn the oven OFF.

Check the outside of the oven door is not too hot – if it isn't give each child a piece of tape and very carefully seal the oven door. Explain that Jesus' tomb was sealed. *Matt. 27:65-66.*

GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. *John 16:20 and 22.*

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. *Matt. 28:1-9*

Why send your child to a faith school?

Choosing a school for your child, whether primary or secondary, can be a minefield. Considering factors such as academic results, wider social and

moral education, ethics, school reputation, class sizes, peers, facilities – the list is endless and mind boggling.

However, it can be argued that the most important thing is the environment that your child will be in. This is the heart of a school, the hub from which all other aspects radiate. Faith schools undoubtedly have a strong basis for this environment, an ethos that stems from the religious establishment.

This ethos underlines everything that a faith school does – faith provides the bedrock and the backbone of school life. I believe a faith school should be open to and welcome pupils of other faiths, or indeed those with no faith. These schools should not be separatist or elitist – far from it – they should be the most inclusive of schools, welcoming to the whole community.

Faith schools may have a tradition of collective worship and prayer which serves as a reminder of the thread of spirituality that links pupils and staff.

The value-added element in a faith school is faith itself, which brings with it all the other reasons parents choose faith schools – higher academic standards, better behaviour, dedicated staff and a spiritual environment.

The evidence speaks for itself – data released by the Department for Education in 2013 revealed that of those schools with 80% or more of their pupils attaining five A* to C grade GCSEs, over half (53%) were faith schools, whereas faith schools only make up around 20% of the total.

For some, the choice of a faith school is straightforward – it simply carries through the traditions and beliefs of the home environment. For others, it can add a dimension to your child's life that provides the foundation for them to achieve, in a nurturing and inspiring environment.

**Andrew Colpus, Headmaster,
St Joseph's College**



ST. JOSEPH'S COLLEGE
READING • BERKSHIRE



Open Mornings
Thursday 5 March • Tuesday 24 March

Open Mornings commence with a tour of the school from 10.30am, followed by an address by the Headmaster.
To reserve your place at an Open Morning please call Admissions on 0118 394-5912 or email admissions@sjcr.org.uk. Alternatively you can book via our website.

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