

CathCom
Reach
 What do
 you focus
 on?



INSIDE INSIDE

Dealing with Fear & Anxiety
 Page 4

INSIDE INSIDE

Summer Ice Cream
 Page 6

INSIDE INSIDE

Giving Your Children Confidence
 Page 8

INSIDE INSIDE

TOUGH DECISIONS AHEAD
 Making Choices Confidently
 Page 3

Confidence and fear change the way we feel about ourselves, our lives, those around us and the choices we make. Fear can paralyse us whilst confidence can fill us with joy and set us free. The importance of having confidence is increased when we have children. The confidence we have in ourselves has a huge impact on the way we parent and the amount of confidence we pass onto our children. If we doubt ourselves our children will learn to doubt themselves too.

This issue aims to explore all aspects of confidence – whether it is in our lives, our faith, our children or ourselves. Confidence helps us be the people we were made to be and achieve the things we want to achieve their goals.

Find a few minutes to sit down and take in some of the articles that will make you think, will make you feel positive and could help you increase your confidence and the confidence of those around you.

If you like this paper...

...let your school know - or you may lose it!

WJD **World Youth Day, Krakow** **£450***
 Join us for the **BIGGEST** event you will ever go to! **July 24th - 31st 2016**
 See inside for more information *Approx Price. Ages 16-35. Under 18s spaces limited. Incl travel, accom, food (in Krakow), all events



“ You are as young as your faith, as old as your doubts; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair ”

“ Go confidently in the directions of your dreams....Live the life you've imagined ”

“ Someone's opinion of you does not have to become your reality. ”

“ If I have the belief that I can do it, I shall surely acquire the ability to do it even if I don't have it at the beginning. ”

“ No one can make you feel inferior without your consent. ”

“ Believe. I can do all things through Christ who strengthens me. ”
Philippians 4:13

“ Always make sure your life is going in the direction you want, whether in fitness, work, faith, or any aspect of your world. And, if it isn't, with confidence, determination and excitement, change direction ”

“ Most people live and die with their music still unplayed. They never dare to try. ”

“ With confidence, you can reach truly amazing heights; without confidence, even the simplest accomplishments are beyond your grasp. ”

Making choices



**TOUGH
DECISIONS
AHEAD**

As I write it is polling day. Early this morning I cast my vote. I find it more difficult as the years go by to make some decisions.

Sometimes the certainty of youth is something I crave rather than the ponderous attitude I tend to have. One of the questions I am often asked is why did you become a Carmelite? People are fascinated by the choices others make and I often encourage young people who are discerning their future to ask people why they made certain life choices. I was recently asked to share my story with a group and I did so amidst laughter and tears. More importantly I shared with them how I have discovered a simple template for discernment that comes to us straight from the Gospel. Maybe this will be helpful to a young person you know.

In the Gospel of Luke we have the wonderful story of the annunciation. Imagine the scene, a young girl, probably just a teenager has this life changing encounter with a messenger from God. When Mary is asked to be the mother of Jesus, there is a movement that the Gospel goes through. First the angel tells Mary not to be afraid. When we feel God calling us to something, fear is often the first reaction but Mary has her fear stilled. When God is with us, St. Paul says, who can be against us. Then Mary is told to be joyful. What

God has in store for us is a great adventure. Gabriel also tells Mary that she has won the Lord's favour. Do we regard ourselves as favoured by God? A vocation is always a gift, often unexpected, but never a threat or something to run from. The Mary herself ask a question. It is not the question we would expect, She doesn't ask 'why?' or 'why me?' She asks 'how?' the angel tells her that the Holy Spirit will be at work in her and through her, and her response is an immediate 'Yes'. Maybe our 'Yes' to God come out more of a whimper than a shout. But God's gift to us is never one we carry alone. We have the Holy Spirit with us always.

Life changing decisions need to be accompanied with prayer. But they also need a beginning, a middle and an end. We cannot live permanently on the fence of a decision, we cannot put life on hold indefinitely. If we are making a decision about the direction of our life a timeframe is helpful. If you are discerning a vocation give yourself 24 months to do it and move towards a decision. Make sure you are well informed enough to make a mature decision and check it out with those who love you. If we believe that God is in the process then this should give us both conviction, courage and ultimately, peace.

Fr Damian

RELAX! WITH UP TO 4,000 USED CARS PRICE CHECKED DAILY, COMPREHENSIVELY CHECKED & GUARANTEED

YOU'RE SURE TO FIND YOUR PERFECT CAR!



11 REG
NISSAN NOTE 1.6
N-TEC 5 DOOR AUTO BLUE 60K
NOW ONLY £5719



10 REG
VOLKSWAGEN GOLF 1.6 TDi
105 SE ESTATE 5DR GREY 71K
NOW ONLY £6991



58 REG
FORD FIESTA 1.4
TITANIUM 5DR PURPLE 48K
NOW ONLY £5891



BRAND NEW
CITROEN C1
1.0 VTI TOUCH 3DR
NOW ONLY £118.42 PER MONTH
48 MONTHS (9+47)



61 REG
VAUXHALL ZAFIRA 1.7
CDTi ECOFLX EXCLUSIV (110) 5DR
NOW ONLY £8250

PART EXCHANGE WELCOME

FULL VMC MILEAGE AND HPI HISTORY CHECK

FLEXIBLE FINANCE AVAILABLE

NATIONWIDE DELIVERY TO YOUR DOOR

BRAND NEW CARS ALL MAKES AND MODELS AVAILABLE

Autosave... Serving the Christian community for over 35 years

autosave | Call **0845 122 6910** | **autosave.co.uk**

*Based on personal Contract Hire (PCH) payment profile 9+47. Finance subject to status. Terms and conditions apply. Applicants must be 18 or over. Guarantee/indemnity may be required. We can introduce you to a limited number of carefully selected finance providers. We may receive a commission from them for the introduction.

FOLLOW US ON:  

Dear Reader

This issue has taught me a huge amount about confidence. It has taught me things about me, and it has shown me how I can help my children and those around me build up their confidence. It has also emphasised how important confidence is, and how everything in life is so difficult without it.

If you have your own personal ways to help you deal with a situation, or tips on what gives you confidence when you are worried, let us know on twitter or on facebook: @CathComReach Facebook.com/CathComReach

Nick
Member of the Editorial Team

Dealing with ... Fear and Anxiety



Whatever it is that scares you, here are 10 ways to help you cope with your day-to-day fears and anxieties.

1. Take time out

It feels impossible to think clearly when you're flooded with fear or anxiety. A racing heart, sweating palms and feeling panicky and confused are the result of adrenalin. So, the first thing to do is take time out so you can physically calm down.

Distract yourself from the worry for 15 minutes by walking around the block, making a cup of tea or having a bath. When you've physically calmed down, you'll feel better able to decide on the best way to cope.

2. What's the worst that can happen?

When you're anxious about something – be it work, a relationship or an exam – it can help to think through what the worst end result could be. Even if a presentation, a call or a conversation goes horribly wrong, chances are that you and the world will survive. Sometimes the worst that can happen is a panic attack.

If you start to get a faster heartbeat or sweating palms, the best thing is not to fight it. Stay where you are and simply feel the panic without trying to distract yourself. Placing the palm of your hand on your stomach and breathing slowly and deeply (no more than 12 breaths a

minute) helps soothe the body.

It may take up to an hour, but eventually the panic will go away on its own. The goal is to help the mind get used to coping with panic, which takes the fear of fear away.

3. Expose yourself to the fear

Avoiding fears only makes them scarier. If you panic one day getting into a lift, it's best to get back into a lift the next day. Stand in the lift and feel the fear until it goes away. Whatever your fear, if you face it, it should start to fade.

4. Welcome the worst

Each time fears are embraced, it makes them easier to cope with the next time they strike, until in the end they are no longer a problem. Try imagining the worst thing that can happen – perhaps it's panicking and having a heart attack. Then try to think yourself into having a heart attack. It's just not possible. The fear will run away the more you chase it.

5. Get real

These tips are designed for people who are coping with day-to-day fears and anxieties. If you have been

Contact us

CathCom Reach is published in September, December, March, and June.

Editorial Team
Edwina Gillett,
Nick Layton,
Annie Moloney
020 7112 6710
editor@CathComReach.com

Advertising
Alice Jenkins,
01440 730399
ads@CathComReach.com

Head of Finance
Claire Richardson

Subscriptions
Ray Lambert
rayl@cathcom.org –
01440 730399

Website Editor
Daniel Griffiths

Manager
Nick Layton
Religious Advisor
Fr Damian Cassidy

Health Educ. Advisor
Helen Layton

Administration
Tommie Steel

Published By
CathCom Ltd.,
N2 Blois Meadow
Business Centre,
Steeple Bumpstead
Haverhill,
Suffolk CB9 7BN
020 7112 6710
www.cathcom.org

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

Useful Resources:

Anxiety UK – 08444 775 744

Mobile App to help you deal with stress and anxiety:

<http://www.anxietyuk.org.uk/get-help-now/mobile-app/>

Want to share your own tips on how to deal with fear and anxiety?

Post something on our Facebook page or tweet us – www.facebook.com/CathComReach or @CathComReach

LEGAL DISCLAIMER

The information and/or links in this publication are provided for catholic education and information purposes only. The Editor and Publisher (hereinafter referred to as CathCom) will endeavour to ensure that all the content of CathCom Reach is in keeping with the teachings of the Catholic Church. However CathCom is not responsible for the contents of any of the linked sites. Neither does CathCom necessarily endorse and/or support the views expressed by the information contained within those linked sites. A

mention and/or listing of linked sites does not indicate CathCom's endorsement of any organization's and/or entity's activities, reports, publications and/or programs. CathCom cannot be held responsible and/or liable for any damages, real, imagined, past, present or future from the information contained on any linked site and/or other sites that it links to hereafter. While we take reasonable steps to check our advertisers and linked sites are bona fide, readers should carry out their own checks before entering into any contract

or arrangement. You may not modify, reuse, reproduce, or publish any content within this publication without the written permission of the Editor.



diagnosed with an anxiety-related condition, see our page on generalised anxiety disorder (link below).

Fears tend to be much worse than reality. Often, people who have been attacked can't help thinking they're going to be attacked again every time they walk down a dark alley. But the chance that an attack will happen again is actually very low.

Similarly, people sometimes tell themselves they're a failure because they blush when they feel self-conscious. This then makes them more upset. But blushing in stressful situations is normal. By remembering this, the anxiety goes away.

6. Don't expect perfection

Black-and-white perfectionist thinking such as, "If I'm not the best mum in the world, I'm a failure," or, "My DVDs aren't all facing in the same direction, so my life is a mess," are unrealistic and only set us up for anxiety.

Life is full of stresses, yet many of us feel that our lives must be perfect. Bad days and setbacks will always happen, and it's essential to remember that life is messy.

7. Visualise

Take a moment to close your eyes and imagine a place of safety and calm – it could be a picture of you walking on a beautiful beach, or snuggled up in bed with the cat next to you, or a happy memory from childhood. Let the positive feelings soothe you until you feel more relaxed.

8. Talk about it

Sharing fears takes away a lot of their scariness. If you can't talk to a partner, friend or family member, call a helpline such as the Samaritans (08457 90 90 90, open 24 hours a day). And if your fears aren't going away, ask your GP for help. GPs can refer people for counselling, psychotherapy or online help through an online service called FearFighter (link below).



9. Go back to basics

A good sleep, a wholesome meal and a walk are often the best cures for anxiety. The easiest way to fall asleep when worries are spiralling through the mind can be to stop trying to nod off. Instead, try to stay awake.

Many people turn to alcohol or drugs to self-treat anxiety with the idea that it will make them feel better, but these only make nervousness worse. On the other hand, eating well will make you feel great physically and mentally.

10. Reward yourself

Finally, give yourself a treat. When you've picked up that spider or made that call you've been

dreading, reinforce your success by treating yourself to a candlelit bath, a massage, a country walk, a concert, a meal out, a book, a DVD, or whatever little gift makes you happy.

More Information:

Generalised Anxiety Disorder: www.nhs.uk/conditions/anxiety/pages/introduction.aspx

FearFighter: www.fearfighter.com

Open Evening for entry to Year 7 in 2016 **Tues 7th July 6-8pm**

Bellerive is a popular choice for girls from across Liverpool and beyond. Come to the **Open Evening** and find out why it is such a unique and oversubscribed school.

All are welcome!



inspiring
academic
+personal
excellence



Bellerive FCJ Catholic College

Windermere Terrace Sefton Park Liverpool L8 3SB Tel: 0151 727 2064 www.bellerivefcj.org

Specialisms in Sciences, Applied Learning and Maths & Computing

Preparation method

1. Whisk the egg whites until they form stiff peaks when you remove the whisk.
2. Whisk in the caster sugar slowly and continue to whisk until it is stiff and glossy.
3. Using a separate bowl, whisk the cream until it forms soft peaks when you remove the whisk.
4. Gently fold the egg yolks, cream and 1 teaspoon of vanilla extract into the ice cream mixture until well mixed.
5. Pour into a container and freeze for two hours or more.



Be confident and be creative

To make other flavours of ice-cream you can replace the vanilla extract with:

- 150ml of Strawberry or Raspberry puree – simply boil the fruit for a few minutes and push it through a sieve (add sugar to taste)
- Cocoa powder and bits of chocolate



OR try something different and let everyone know how it works out
[@CathComReach](https://twitter.com/CathComReach) or
facebook.com/CathComReach



Little Peace



INSIDE



DO YOU GET SCARED
Page 2

INSIDE



EASTER COMPETITION TOP 40 ENTRIES
page 3

INSIDE



COLOURING COMPETITION
Page 4

What is Confidence?

IS it being...



Sometimes when we are feeling down or when things go wrong it makes us lose our confidence. Sometimes we compare ourselves to people around us. We might feel that they are more confident than we are because they did better than we did in a test or in sport. So we have to make sure we are confident!!!

To do that we don't want to be comparing ourselves to

other people. As soon as we start thinking, "Am I as good as her?" we have already lost our confidence.

We have to remember all the wonderful things about us, the things we are good at and the times when we have been successful. We really have to remember all the people who love us and the love that we give to other people around us.

Most importantly, we have to remember that God made us and God only makes wonderful people!

No matter what we think of ourselves, no matter how we are feeling and no matter what people say to us - God Loves Us and We Are Wonderful!!!

And that should give us all the confidence we need!

Can you spot 8 differences???

SMILE WITH CONFIDENCE



because JESUS LOVES YOU!!!

SMILE WITH CONFIDENCE



because JESUS LOVES YOU!!!!

Do you get scared?



Well the answer is yes – whether you like it or not – we all get scared!!!

Some things will scare us but won't scare our friends. And some things scare our friends and don't scare us!

Does it mean we're weak if we get scared?

No! No! and No!

Most of the time when we are scared there is a reason – and often it is a very sensible reason and one that protects us. It's a good thing that we get scared if we are too high up or if we are doing something that might hurt us. If we weren't scared of some things we probably would have had a lot more accidents in our lives!

How to deal with being scared?

Tell someone! If you are scared about something there is probably a reason – so tell someone you trust – they may be able to help.

Be patient! The person you tell may be scared of the same thing or they may not – so they may not understand. Hopefully, they will be able to help you, but they probably can't just make it go away just like that.

There may be a reason! It could be that you shouldn't be doing whatever is making you scared, or you shouldn't be in a situation that is making you scared – so you are scared because you know it's not right.

Stay Calm! Make sure you stay calm and don't let whatever is making you feel scared seem bigger than it is. For example, if you're scared of having an injection at the doctor's just remember that it will only take a few seconds and it will all be gone – the thought of it is worse than the thing itself!

If you are scared does that mean you're not brave?

No! No! and No again!

I think it's the opposite. I think you have to be scared to be brave...I have a cat...I'm not scared of cats...so when I go home and pick up my cat does that mean I'm brave?? Nope! If I was scared of cats and I picked one up – would that mean I'm brave?? Yes!!

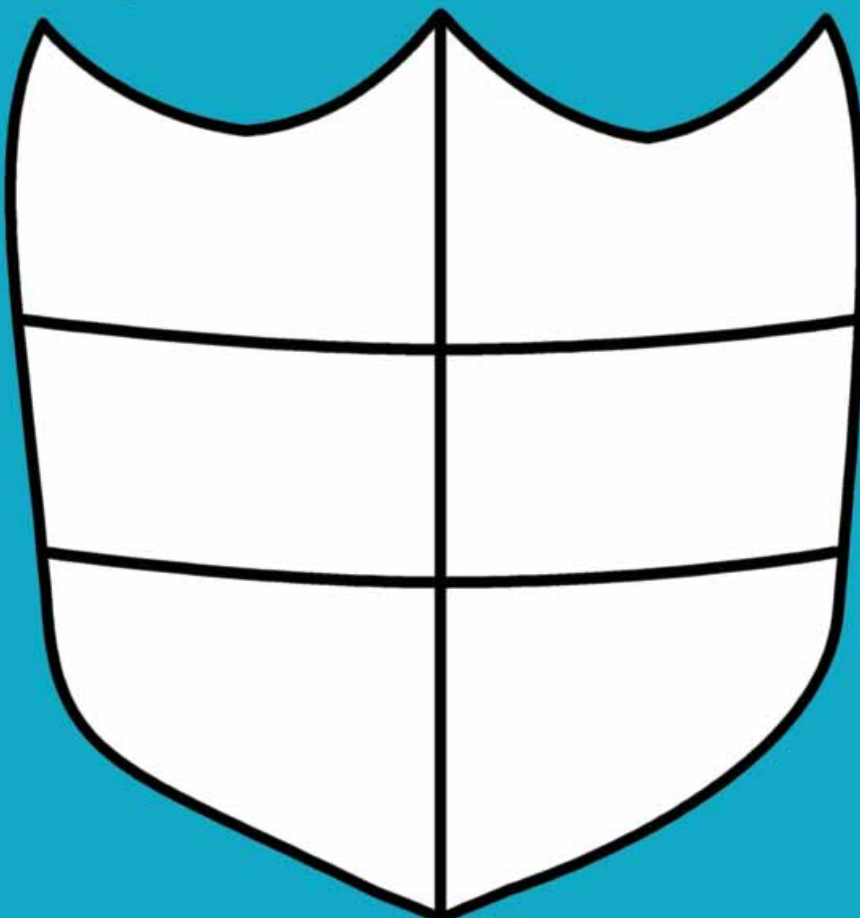
Your not brave if you're not scared!!!

So next time you are scared, shy, nervous or worried:

- 1) decide whether there is a good reason – if you know it's not the right thing to do – don't do it!!
- 2) Tell someone – even if they don't understand because they are not scared – they may be able to help.
- 3) Don't let the worry of doing what you have to do be worse than just getting on and doing it!
- 4) Remember...now...right now...you have an opportunity to be brave – so go and do it!!
- 5) Think about how GREAT you will feel once you've done it!



My OWN PERSONAL SHIELD



Decorate your own shield with pictures about yourself. In the 6 spaces draw something that shows these things:

- Something I do well
- What do I need to improve?
- Something I would like to do
- My greatest strength
- Best thing people say about me
- My favorite people

Resources

Go to www.CathComReach.com/teachers

See the website for activities, games and work that you can do in the classroom which will help your children build their confidence!

Get your parents to take a picture of your colouring and put it on our facebook page or tweet it to us:
www.facebook.com/CathComReach or @CathComReach

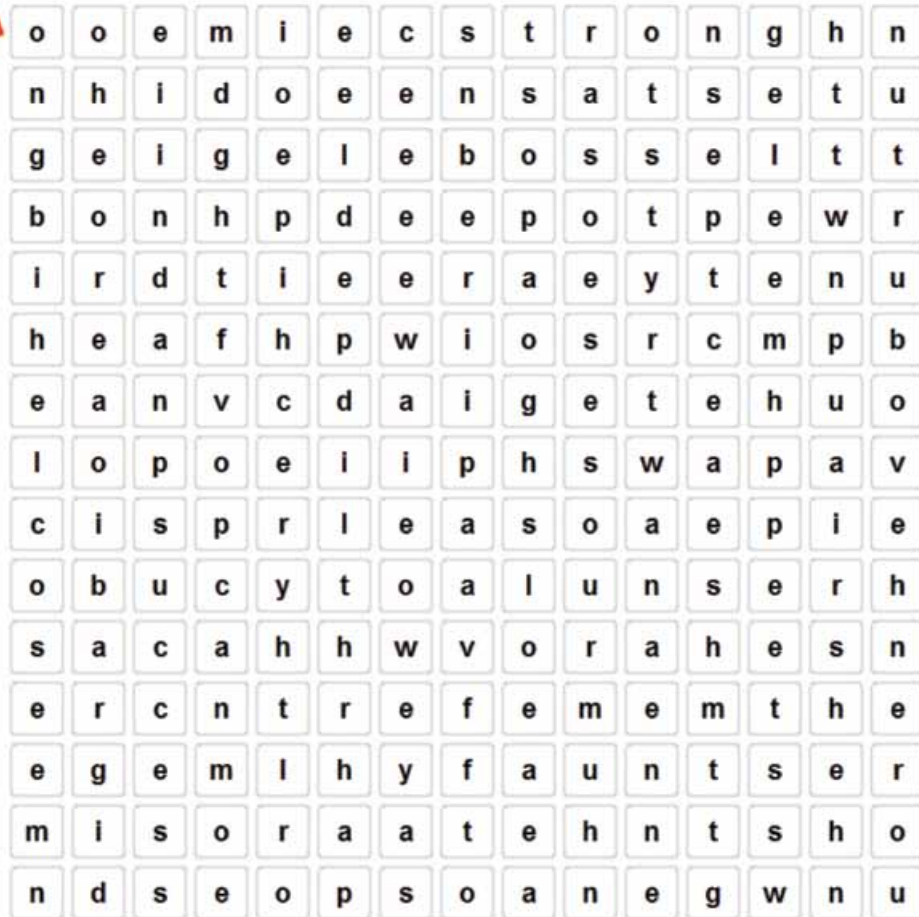
Easter Competition Top 40 Entries



See them in more details at: www.CathComReach.com/Easter

Word Search

CONFIDENT
SUCCESS
STRONG
BRAVE
HAPPY
LOVE
GOD



Pentecost Colouring

Use some great colours to show the flames of the holy spirit coming down on the disciples.



You could ask your parents to take a picture of your colouring and put it on our facebook page or tweet it to us:
www.facebook.com/CathComReach or
[@CathComReach](https://twitter.com/CathComReach)



If it's made by my students it won't even start


A number of engineering lecturers were sat in an airplane on their way to a conference.

While they sat waiting for the plain to take off they were informed that the plane was made by one of their students.


All of them rushed to get off the plane except one.

When the other lecturers asked him how he was so confident, he said:

"If it's made by my students it won't even start."

www.stedwards.co.uk  **St Edward's**
SCHOOL • CHELTENHAM

KINDERGARTEN • PRE-PREP • PREPARATORY • SENIOR • SIXTH FORM



Outstanding facilities, over 45 acres of beautiful parkland, small class sizes, excellent teaching and outstanding pastoral care. We nurture self-confidence, high achievement and a sense of responsibility in our pupils.



We offer a range of Scholarships for entry into Years 7, 9 and 12.

Visitors are always welcome; taster days can be arranged at any time.

Open Morning 9.30am-12.30pm
Friday 26th June 2015

St Edward's Preparatory School
London Road, Charlton Kings
Cheltenham GL52 6NR
T: 01242 538900
E: mainoffice@stedwardsprep.co.uk

St Edward's School
Cirencester Road, Charlton Kings
Cheltenham GL53 8EY
T: 01242 538600
E: mainoffice@stedwards.co.uk

A Catholic Independent Day School
for Boys & Girls ages 2 -18



Eleven ways to encourage confidence in your child

All children, like adults, clam up in certain situations. Supernanny expert Dr Victoria Samuel gives some practical tips for helping to help hesitant little people grow in confidence.

Confidence building...

1. It's vital you avoid labelling your child as shy or nervous, either

directly to your child or when talking about her to others. Labels stick and rapidly lead to a self-fulfilling prophecy.

You may have banished all labels, but what happens if you keep coming up against "isn't she shy" declarations from teachers, friends or family - said with conviction in front of your little one?

Ensure your child is left with a positive view of themselves by calmly and confidently bouncing by the generalisation with a subtle reframing: "Katie likes to think things through before rushing in" or "Danny likes to listen to others before sharing his views".

2. If your child is upset or fearful,

accept feelings with warmth and concern: "it sounds as if you're feeling nervous, that's understandable".

Tempting though it may be, avoid dismissing or 'taking away' feelings eg "don't be silly, big boys don't get shy". These kinds of comments lead children to feel that their inner states are not valid. This can be

confusing and lead to anxiety. Children whose feelings are accepted and supported by their parents tend to be much more 'emotionally literate', confident and secure.

3. Normalise doubts by talking about a generic other: "everyone feels unsure from time to time" or by referring to situations you find daunting and how you attempt to overcome them: "sometimes I feel worried about speaking up at work, but I always make an effort and feel good afterwards". Use story books to introduce themes of facing fears or overcoming challenges.

4. Children learn social skills from watching others so model the kind of interactions you want to encourage: be warm and friendly with people you don't know, introduce yourself to new people, ask people for help, give compliments to friends and thank others for their time.

5. Think about the specific situations that make your little one run for cover and identify skills that may help equip them for better managing these daunting scenarios. Use role play to help them rehearse these skills. For example if your child shrinks into the corner at birthday parties set up a party scene and use favourite toys or teddies to act out different interactions: giving the party girl their present; saying hello to other children; asking the adult where the toilet is; saying thank you on leaving.

6. Once you've practiced through play, gently encourage new activities by providing manageable opportunities for success. Take a gradual, step-by-step approach. For example, if your child is nervous about starting Brownies, take her along to watch the group for the first week, then suggest she joins in at the end for ten minutes the next week whilst you stay in the room. Then build up to leaving the room for brief periods. Before long, she will be bouncing into the group and happily taking part in the full session.

7. It's crucial you hide any doubts or anxieties you may have about your little one's ability to cope. Combine empathy for her feelings (see point 2) with confident assertions that you have faith in her: "Ahh, I can see you're feeling a bit worried, but I'm really confident you'll be able to handle it".

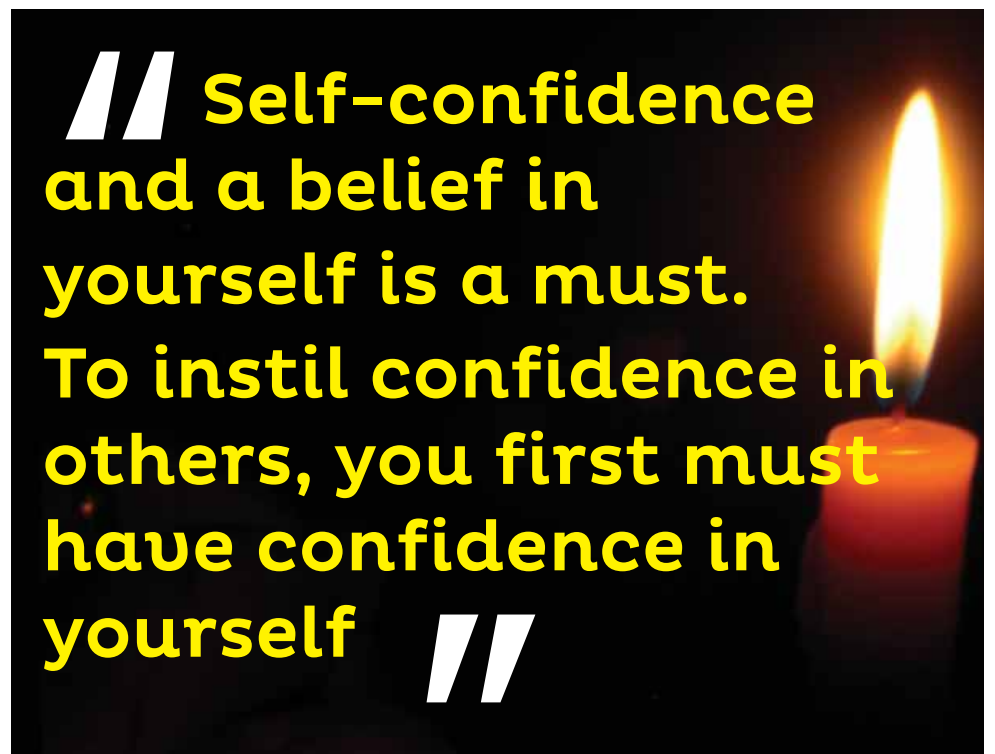
8. It's tempting when faced with a wary, cautious little person to step in to do things for them, however this can be counterproductive. When your child is approaching new situations or learning new things, try to step back from interfering too much as this may make him hesitant and reliant on others. Let your child learn through exploration and trial & error; this will help him to develop a sense of personal mastery and confidence.

9. Help boost your little one's self-esteem by using descriptive praise to clearly identify specific behaviours that you value: "you said hello even though you felt nervous, that was really brave". This will help your child to develop an inner sense of achievement and pride.

10. Show physical affection and regularly and repeatedly tell your child how much she is loved. Warm, playful and affectionate interactions with your child will fill them with a sense of being valued and accepted; crucial for developing the inner self-confidence required for approaching and interacting with others.

11. If your child is chronically sad and withdrawn, is unable to face any social situations, has suddenly changed from being outgoing to quiet and anxious, or if they show absolutely no interest in interacting with others, it would be worth considering getting professional support. Make an appointment with your GP to discuss options.

More Info:
www.supernanny.co.uk



Prayer
Dear Father,
Help us to remain humble in all that we do.
Give us the courage to face our fears,
to stand up for ourselves,
to fight for what we believe in,
and bring Your Holy Spirit to those that we meet.

Let the fire that burns within us touch the lives of others and bring your love and grace to all.

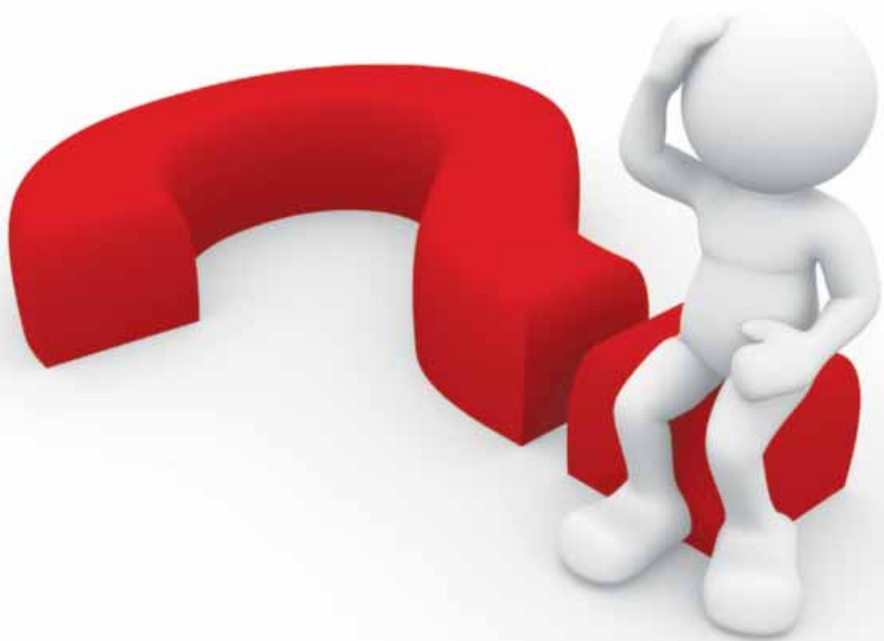
Amen

ONE RACE • THE HUMAN RACE
carj
Catholic Association for Racial Justice

Working with Schools, Families & Young People to create a more just, equal & cooperative society.

CARJ works with young people, from diverse backgrounds, to support achievement, raise awareness and invite them to embrace a vocation to world citizenship. We make a special effort to identify and promote educational initiatives which support **schools, families and young people** in marginalised communities.

For more information contact:
CARJ Schools & Young People's Project
020 8802 8080 info@carj.org.uk



Are you confident that God does NOT exist?



CathCom Reach is intended for everyone – not just those who would pick up Church paper. We try to have something for everyone – and we hope this might be of use to those who have no faith including those that actively believe God does not exist.

Our confidence in God, just like our confidence in those around us, can vary. This confidence can increase or decrease depending on how we feel, the experiences we have or how we perceive God to be working (or not working) in our world. We all have times when we can feel that God is not there, we may feel it so strongly that we see this as evidence that God does not exist.

We can grow more confident in this opinion as we go through life – but are you confident enough in your belief that God does not exist to ask if He is there?

For me one of the most meaningful pictures I have in my mind is “Jesus light of the world”.

Jesus stands knocking at a door that looks as if it hasn't been opened for years. This door represents our willing to let Jesus in – and it is clearly shut. The most striking thing for me is that there is no door handle. The door has to be opened from the inside. God puts the decision to open the door and invite Him in, in our hands.

Currently my doorbell is broken, and from time to time, when the children are legging it around the house, I think I hear what could be someone knocking. Sometimes I'm sure it's just the children, but I check just in case, mainly because I don't really have anything to lose. It might take a few seconds of my life, and I might feel a bit stupid if I open the door as someone is passing by – but ultimately I have nothing to lose.

Even if I'm sure the knocking is not the door – am I confident enough to ignore it and possibly miss out on a friend that is passing by?

If I do decide its worth checking the door – how do I check? The answer is simple...just ask God if He is there. OK you may not have asked God for anything for years – except perhaps in times of crisis – and you might feel a bit stupid – or even more stupid if someone catches you checking. But all you have to do is:

- take a few moments of silence
- think about what you are asking
- think about how it could change your life if you get an answer
- think about whether you would be willing to allow an answer to change your life.
- Then if it feels right – ask God if he is there.

What answer are you expecting?

It's unlikely that there will be a huge booming “YES” coming out of the clouds – but I have confidence that God will answer. Perhaps not instantly and perhaps not obviously, but when the time is right he will answer convincingly.

If you never check the door – you'll never know if anyone's there!

It's worth looking at it from God's point of view – if you saw a door like that, which was overgrown and looked as if it hadn't been opened for years – would you be confident that someone would open it? Yet He still knocks and He still waits!

Confident in God?

“The confidence of knowing that God loves, accepts, and approves of you is the best thing you can ever have.”

Recently, I had the great privilege to be asked to be a sponsor for a friend's confirmation. I was also in the middle of trying to write a newspaper which I had decided would be about confidence but I had no idea what to say about it. The Bishop talked about the disciples after Jesus had died, he explained how they were living in fear – it was clear that Peter was afraid even before Jesus had died when he denied knowing Him. When Jesus rose from the dead and appeared to the disciples, they feel secure again, but when He ascended He still left behind a Church that felt alone. Fear, can make us powerless, it can prevent us from carry out what we need to do and confidently making a difference. When Pentecost came, the disciples still felt they could not make a difference, but at Pentecost the Holy Spirit gives the disciples not only the tools but the confidence – the lasting confidence – that they need to go out and tell the world what Jesus has done.

This confidence is so lasting that 2,000 years later that message still lives on. The message of Pentecost, and the message of confirmation that many of us have undertaken, and many of our children have, or will, undertake, is that we must have the confidence to pass that message onto others and especially to our children.

The question is: are we confident enough in God to pass that message on?




Bespoke Quality Furniture Makers

Maximizing experience and expertise to custom build for Schools and Churches for the future

- Lecterns
- AV Cabinets and PA Decks
- Altar/Communion Tables
- Complete re orders
- Fonts

For more information contact us at:
 The Old Coach House, 53b Rear Oxford Street,
 Weston-super-Mare, Somerset BS23 1TR
 Tel/Fax 01934 618111
 Email: info@fullersfinerfurniture.co.uk
www.fullersfinerfurniture.co.uk

Confidence in the Holy Spirit

The Pope said this at a general audience dedicated to the theme of the Third Person of the Blessed Trinity.

"People of all times and all places want a life that is full and beautiful, just and good, a life that is not threatened by death, but that can mature and grow to its fullness. We are like wanderers who cross the deserts of life, thirsting for a living water, gushing and fresh, able to quench deeply his profound desire for light, love, beauty and peace," the Holy Father said. "We all feel this desire! And Jesus gives us this living water: it is the Holy Spirit, who proceeds from the Father, and that Jesus pours out into our hearts."

This living water can quench "the very depths of our thirst," the Pope said, because "it makes us partakers of the very life of God who is Love."

"The Spirit itself, together with our spirit, attests that we are children of God," he continued. "And if we are children, we are also heirs: heirs of God, joint-heirs with Christ."

"This," Francis said, "is the precious gift that the Holy Spirit places in our hearts: the very life of God, life as true sons, a relationship of confidence, freedom and trust in the love and mercy of God."

Another effect of this is a changed vision of others, the Pope said, as people near and far come to be seen as brothers and sisters, people "to be respected and loved."

"The Holy Spirit teaches us to look with the eyes of Christ, to live life as Christ lived it, to understand life as Christ understood it," he said. "That's why the living water that is the Holy Spirit quenches the thirst of our lives, because it tells us that we are loved by God as children, that we can love God as his children and by his grace we can live as children of God, like Jesus."

"And we, do we listen to the Holy Spirit? What does the Holy Spirit tell us? God loves you. It tells us this. God loves you, He desires your good. Do we really love God and others, like Jesus does? Let us allow ourselves to be guided by the Holy Spirit, let us allow Him to



speak to our hearts and tell us this: that God is love, that He is waiting for us, that God is the Father, He loves us as a true Father, He truly loves us and the Holy Spirit alone says this to our hearts."

How to be more confident?

1. Stop comparing yourself to other people – as soon as you compare yourself you are already doubting yourself.
2. Love yourself – you are amazing, God made you, and he doesn't make rubbish! Believe it!
3. Be positive and look for the good in every situation
4. Do what you love! Life is way too short to do something you don't love!
5. Smile, relax and chill out! Things have a habit of working out!
6. Believe you can do what you want – because you will!

Find a Church

www.catholicdirectory.org

How do you deal with problems?



A boy asked his father what he should do when he is caught in the middle of difficult situations between his friends as he didn't feel he had the strength or confidence to deal with it.

The Father got 3 saucepans out and started boiling some water in each of them. In the first one he put some carrots, in the second, some eggs and in the third, some coffee beans. He said that being in boiling water was like the going through a tough time in life. Often those troubling times have the same result on us as the boiling water on the carrots, eggs and coffee.

He said that the carrots were hard and strong, but after being in the boiling water they had gone soft and weak. When life is difficult it can break us and we can become weak.

The eggs were soft and fragile inside but now they had gone hard. We can lose our soft and gentle side as a result of a difficult time and become hard inside to protect ourselves.

But the coffee beans had done something totally different - the most obvious thing they did was to change the water around them!

The father turned to his son and said: "The question is, do you have the confidence to change the problems around you when trouble comes your way?"