

# CATHOLIC LIFE NEWSLETTER

BELLERIVE FCJ CATHOLIC COLLEGE

LENT 2024



## FEAST DAY 2023

On 8th December we celebrated our school feast day-the Feast of the Immaculate Conception. All pupils attended Mass in the Sports Hall which was concluded with the traditional staff-student sing off! Pupils spent the morning playing games with their tutor groups before enjoying an early finish at lunchtime. Our thanks go to Bishop Tom Williams for celebrating our Feast Day Mass with us.





# Charity Fundraising

Some of the charity fundraising which has taken place in school this half term includes:

- 7M's Bake Sale which raised nearly £60 for Mary's Meals
- 8A and 8R's Valentine's Day-themed raffle which raised £75.20 for Pink Ribbon Foundation.
- 9J's Cake Sale and 'Guess how many sweets are in the jar' fundraiser which raised £66.32 for Macmillan.
- Year 11's Christmas Hamper collection for the FCJ Sister's' project working with local families.

Well done to all students for your efforts!



## FCJ GROUP

### FCJ GROUP

This term, our FCJ group have created prayer boxes to mark the new year. They have also been planning their own charitable fundraising for Mary's Meals, our Lent charity.

### YEAR 8 CONFIRMATIONS

Archbishop Malcolm has written to all Catholic students in Year 8 to invite them to make their Confirmation. Preparation for this sacrament takes place in local parishes.

If your daughter wishes to make her confirmation, please register on [liverpoolcalled.co.uk](http://liverpoolcalled.co.uk) before 15th March.

# YEAR 12 RETREAT

## ‘Discovery and Discernment’

Year 12 participated in a retreat day before half term with Mrs Henry, where they learnt how to put their faith into action. The day started with a presentation by Anna from Mary’s Meals. Students were then challenged to raise money in teams by making cakes and selling them at break and lunch. The students enthusiastically rose to the challenge and made some very tasty Rice Krispies cakes and through their sales they raised over £100 for Mary’s Meals!

In the afternoon students prayed the Examen prayer and Sr Lynne fcJ visited school to talk about how to make important life decisions using Ignatian Discernment.

The day was filled with joy and reflection and some of our students have taken the day a step further by applying to be volunteers for Mary’s Meals. It was impressive to witness our young people show service in such a lively and faith-filled day.



# LENT

We are now in the Church's season of Lent, a time of prayer, fasting and charitable giving as we prepare to celebrate Christ's resurrection on Easter Sunday.

As a school community we marked the start of the season of Lent with our 'Alternative Ashes' service; held a week after Ash Wednesday which fell during half term this year. Pupils were led through an examination of conscience by Mrs Henry, our lay Chaplain, before being symbolically anointed with water on their hands to represent the washing away of sins.

We are holding a special Lent Prayer at 3:45PM each Wednesday in Loyola Hall-parents, students and staff are all warmly invited to join us. if you would like to attend please register here:  
<http://tinyurl.com/BelleriveLentPrayer2024>

Parents are also invited to our Lent voluntary Mass at 12:40PM on 13th March.

For more information about the Lent Prayer or the voluntary Mass please email Mrs Henry, our school Chaplain on  
[henryh@bellerivefcj.org](mailto:henryh@bellerivefcj.org)



# SPRING FAYRE 2024

This year's spring fayre will raise money for Mary's Meals, a charity which provides school meals to children living in poorer countries so that they can attend school and receive an education. This helps to break the cycle of poverty.

We are looking for donations to help make this year's fayre our most successful one yet. In particular, we are looking for:

- Easter Eggs (small, medium or big)
- Standard sized chocolate bars and sweets to create sweet bouquets
- Tombola items (e.g. new/used/unwanted gift sets)

The form that brings in the most will win a French-style breakfast.

**Please bring in your items by 18th March!**



# UPCOMING PARISH EVENTS

**St Anthony of Padua, Mossley Hill**-We're celebrating Spring with a Parish AFTERNOON TEA On 1st of March at 1.00pm In the Hall Tickets available after Mass-£10 Prosecco, Scones, Sandwiches, Cake, and more.

**St Theresa's, Norris Green**-'Who do you think you are'-an opportunity to use the Enneagram for spiritual journeying-learn to see yourself as God sees you. This is the teaching of St Eugene de Mazenod, the founder of the Oblates. Hugh Stradling will guide us with the Enneagram: a spiritual awareness to discover more about our personal psychology, conscious and unconscious and then learn of spiritual and practical ways of cultivating the gift of God within us.

3 sessions in Lent & 3 sessions in Easter:

Thursdays at St Teresa's, Norris Green, L1 3BW at 7.00pm: March 7th, 14th, 21st, and April 11th, 18th, 25th

No charge, donations welcome,

Please sign up now at [st.teresasng@rcaol.org.uk](mailto:st.teresasng@rcaol.org.uk)

**St Wilfrid's, Garston/Allerton/Grassendale**-'Faith under stress and 'A glimpse of heaven'. A faith enrichment opportunity for the season of Lent will be offered in the meeting room (upstairs) on the first three Mondays in March beginning at 7PM.

## BELLE VALE PASSION

Belle Vale Passion on Holy Saturday 30th March 2024 at 12noon Belle Vale Shopping Centre: This is an exciting one-off opportunity for Lent 2024. It will offer the opportunity to nurture new friendships, contribute towards a community project, and above all, bring the Easter story to the local community. There are many roles, tasks, and voluntary jobs. Go to [bellevalepassion.co.uk](http://bellevalepassion.co.uk) to sign up.

# FCJ CENTRE ST HUGH'S

## **Praying With Scripture - 12th March 7:30pm ONLINE**

The workshop will look at different ways of praying with Scripture and include an opportunity to pray and share with others.

email: FCJCentreStHughs@gmail.com

## **Week of Guided Prayer with workshops, discussion and sharing. 10th – 15th March 2024 - ONLINE**

Participants are encouraged to set aside 30 mins each day for personal prayer and to speak with a prayer guide during the week.

There will be 2 optional workshops available:

- Ways of praying with the Scripture
- Introduction to Discernment

To register email: FCJCentreStHughs@gmail.com

## **FCJ Lindisfarne Pilgrimage - 3rd-7th April 2024**

A walking retreat to the Holy Island of Lindisfarne of the coast of North East England.

We will walk part of St Cuthbert's way and across the ancient pilgrims path to Holy Island.

There will be opportunity for prayer, reflection, walking and lots of socialising!

Young Adults (20's and 30's)

To register interest please complete the form:

<https://forms.gle/HEYg1e9YvLsEMx4y8>

## **In the City - Prayer and social action in the inner city. - JUNE 2024**

A Live-In project for young adults (20s & 30s) with a religious community in the inner city. Engage in prayer, reflection, and input as well as social action.

The projects available include

- a community kitchen for Roma women
  - an after-school project
  - work with the homeless
  - an environment project.

email: FCJCentreStHughs@gmail.com

# EXAMEN

*Taken from FCJ 'pastoral guidance' booklet.*

The prayer of awareness of 'Examen' from the Ignatian spiritual tradition helps us become sensitive to how God speaks to us in our interactions throughout our day.

The steps that follow are simply a suggest to help you reflect on your day and prepare for the following one. use them or adapt them in a way that suits you.

**Be still**-Become aware of the presence of God. Breath in deeply and silently pray 'you are here'. Then breathe out praying 'An I am with you'.

**Give Thanks**-Look over the last few hours and give thanks for every detail you can remember. See the past few hours through the lens of thankfulness-every gift and every difficulty.

**Reflect**-Become aware of your emotions and the state of your heart. Name the emotions you're feeling and give them to God. Reflect on your actions-did you choose Jesus' way in the past few hours?

**Pray**-Choose one joy or sorrow and turn your heart towards prayer. Pray with boldness and confidence in the Father to hear and respond as he desires.

**Hope**-Look with hope towards the next few hours, committing them to God with trust and hope.



**'No service to God is  
too small'**

Venerable Marie  
Madeline d'Houet,  
Founder of the FCJ  
Sisters