

SENIOR SCHOOL

St Mary's Fortnightly Newsletter for teenagers

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."

1 Corinthians 10:13.



WHAT'S GOING ON @ ST MARYS

Come every Wednesday at 4pm from 9th March for Stations of the Cross, a beautiful service pondering the 14 pictures on the wall depicting the moments before Jesus' death.

A SAINT TO KNOW

2nd March celebrates St David's Day, who was patron of Wales, having been bishop there 1,500 years ago. One day he was preaching and people at the back couldn't hear him so the ground raised him up so all could hear the glorious message of Jesus Christ.

DID YOU KNOW?

Violet is the official colour of Lent, it represents our mourning and sadness for Jesus dying on the cross.

It's also celebratory, the colour of royalty. Through the miracle of His resurrection we are reminded who He is.

CAN YOU BE HAPPY GOING WITHOUT?

Did you read the heading and pause a little? Maybe your reply is 'depends on what I have to give up'. The idea of sacrifice or going without makes us feel like we're suffering and definitely not something to be happy about.

As we go into Lent we're asked to do exactly that, to give something up but joyfully. To remind ourselves of the unrepayable sacrifice Jesus made for us and to use this time before Easter to draw closer to God.

"And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God." Ephesians 5:2

But how can we be happy when we are forced to give up the very things that make us happy. Whether it's sweets, chocolates or your favourite program for Lent. That's the point, by going without, God shows us these things are not built to give us lasting joy, there's only so many sweets you can eat, only so many computer games you can play and tv to watch before it just feels empty and not enough. The only true source of joy is from our relationship with God.

"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit." Romans 15:13

By focusing on what we will gain through Lent - an opportunity to make space in our lives for something wonderful. Let's make this Lent different, not a feeling governed by uncomfortable sacrifice, or quietly moaning and complaining about what you can no longer have. Instead be joyful and excited, be gracious and humble and be grateful that you have an opportunity to worship God.



TAKE A BREAK

by Father Morris

It's really important to think about what we're going to give up in Lent. This is a time for spiritual campaigning! We should remember as well though that we're not saved by our fasting, we're saved by Jesus and the fasting is to make us close to Jesus.

For this reason we don't fast on Sundays, the day of Resurrection because we're celebrating Christ's conquering of sin and death. The Church has in mind Jesus words to the disciples: "The wedding-guests cannot fast while the bridegroom is with them," (St Mark 2:19).

Our fasting is not meant to be done with the objective of saving money or losing weight or saving the planet. The fasting helps us to realise not in our own strength but in the grace that comes from God.

Sometimes I know I comfort eat, when I eat not because I'm hungry, but to try and feel a bit better. It distorts my relationship with food and makes me seek comfort in the wrong things. I have confessed this in the past when I make a confession, which I do to a priest a few times each year, including during Lent. Lent is a great time for me to take a break from seeing food in this way, as something I can control for my own satisfaction. Lent gives us all a chance to get our relationships right with all sorts of good things in the world God has made.

I wish you a very blessed Lent that you may be close to Christ. When you fail in the commitments you make, don't despair, but trust in God.

RESIST TEMPTATION!

Whatever you've given up for Lent, you may have some moments of weakness. When you convince yourself God won't mind or just a little and then the classic I'll be back on it tomorrow.

So what can you do when your willpower is failing and you're feeling tempted.

Commit these Bible passages to memory and bring them to mind.

"Therefore submit to God. Resist the devil and he will flee from you." James 4:7.

"I can do all things through Christ who strengthens me." Philippians 4:13.

"For sin shall not have dominion over you, for you are not under law but under grace." Romans 6:14.

Keep in touch with us at St Marys

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